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# THE **Enterprising Housekeeper**

BY HELEN LOUISE JOHNSON.



PUBLISHED BY THE ENTERPRISE M'FG. CO. OF PA.  
PHILADELPHIA, PA. U.S.A.





# THE ENTERPRISING HOUSEKEEPER

Suggestions for  
BREAKFAST  
LUNCHEON  
AND SUPPER

By  
HELEN LOUISE JOHNSON

*an*



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Issued by  
The Enterprise Manufacturing Co. of Pa.  
Philadelphia, Pa.

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Ms. S. A. v. 9'08.

## PREFACE

THE list of culinary literature is so large that it is almost the fashion to apologize for taxing a much-abused public with the burden of a new book on this subject. The ones most valued, however, do not appear among the names of those counted by the bookseller, for no heir-loom could be more fondly cherished than is the old family, pen-written cook book, made precious by years of service. Local cook books have a value not represented by a royalty paid, for recipes which have stood the tests of time and experience are of special worth.

The aim of this little book is not only to aid the housekeeper in the use of such labor-saving utensils as are here represented, but to give her a compilation of practical, tested recipes written for simple every-day use. An embarrassment of riches has purposely been avoided, for there are usually two or three good modes of cooking certain materials, and one becomes discouraged in trying to select from a bewildering number of recipes for the same thing.

Of course you are a Progressive Housewife and will cer-

tainly be interested in one or more of the time, labor, and money-saving devices herein described. By their use many things may be utilized in the kitchen that heretofore you or your cook have been in the habit of wasting.

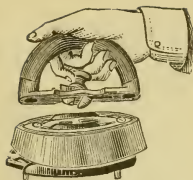
We make a large line of Patented Specialties not described in these pages. Catalogue containing full description mailed free.

All the goods of our manufacture are strictly first-class and can be procured in any Hardware or House-furnishing store in the universe. Should you be unable to procure any desired article from your dealer, we will gladly forward same direct on receipt of price.



The Enterprise Manufacturing Co. of Pa.  
Philadelphia, Pa. U. S. A.

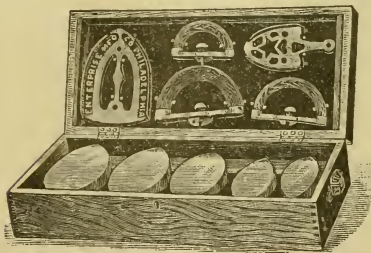
The Enterprise  
Family Outfit of



# Sad Irons



A Handsome Wedding  
or Christmas Present



No. 330—Nickel-Plated, \$3.75

No. 335—Polished, 3.50

**O**UR object in supplying the outfit in a case, as illustrated, is to make it a convenient article for the tidy housekeeper. Each case contains a set of Mrs. Potts' Cold Handle Sad Irons, a Polishing Iron, and a Girl's Iron. The handles of all our Mrs. Potts' Irons have a **Forged Iron Stretcher which will not break.**

It has been clearly demonstrated that a set of Sad Irons is useful only as long as the handles last, and if these are so cheaply made as to be easily

broken, keeping the laundry well supplied ceases to be an inexpensive matter. With all kitchen utensils and appointments nothing is as cheap as the best.

We are the original manufacturers of the popular Mrs. Potts' Irons, and from the first have never spared pains nor expense to add to their utility and durability. These irons are so well and favorably known that we will refer but briefly to a few main points of superiority. They are ground by patented machinery which makes every iron true, and the face of the iron made slightly convex, thus making ironing easier than with the old-style flat irons. The detachable handles are of walnut, excepting the lower part, which is made of *forged*, not cast iron; they do not become heated, require no holder or cloth, and fit naturally to the hand without straining the arm or wrist.

When ordering from your hardware merchant, be sure to ask for and *get* "The Enterprise." No irons but those made by the Enterprise Manufacturing Co. of Pa. have **forged iron Stretchers** on the handle.

## Introduction

“**T**IME is money.” The man who has the ability to turn out as finished work as his neighbor in one-half the time consumed by him, has an earning capacity twice as great. The mechanical device which enables a manufacturer to double his output within a stated period increases his income by saving time. These truisms apply to the home as well as to the shop, and the principles concerning energy are as fixed in the device called man as they are in any machine. That labor-saving machine which enables a woman to accomplish in one hour the work generally done in two, doubles her working capacity as well. Division of labor makes the producing of a hundred machines a day a possibility. Such conditions are attainable to a limited extent only, in the ordinary household, and the result of saving time and strength must be sought for in other ways. A man may argue that a woman’s time represents no money value; or a woman that she pays her cook the same whether she works all day or only half; this is like looking at the moon when half of it is still in shadow. Saving a woman’s time may not mean a return in actual dollars and cents, but saving her energy does. If your cook can accomplish her work in such time that she has a portion of each day for rest or recreation, that work will undoubtedly be

better done. The better equipped the shop the better work it can turn out in a limited time, and the well-fitted kitchen represents the engine-room of the home, where energy, health and often happiness are manufactured. Men often refuse the money for kitchen equipment, paying many times as much in doctors' bills without realizing why; and the bills represent only a portion of the loss. The women who lack mechanical ability to see the saving use of certain devices are apt to decline to adopt them—the others only because, for some reason, they must. Simple explanations of the workings of the machines mentioned are given with the guarantee of the manufacturers to do all in their power toward remedying seeming or actual defects. It is more often the case than not, that when a Meat Chopper will not work, its Knife has been put in wrong side out, and the machine, not the worker, receives the blame for the worker's error. Read the directions carefully, and *follow them*.



# BREAKFAST

American habits make the American breakfast a necessity. While some weary housekeeper may long for an ideal condition of a roll and a cup of coffee as a fast-breaker, the healthy appetites of man and child demand more substantial fare. Americans are not only an active but as a race a hard-working people. The ordinary French or English breakfast customs are out of place when the head of the house must be early and late at his desk, and physically fortified for continued mental or bodily strain. That the meal must be a hearty one is no reason why it cannot be a dainty one.

The large number of delicious breakfast dishes which require only a limited amount of attention and interest to understand and cook, make the needless repetition of beefsteak and chops, chops and beefsteak, more than an extravagance.

Where the market is limited, the variety, which is often an actual physical necessity as the spice of life, is hard to obtain unless resource be had in the different modes of preparing the same materials. The morning meal should be refreshing, as well as nourishing, and this can only be accomplished by adapting it to the season's requirements. Fruits in their season are more appetizing at breakfast than at any other time of day. Oranges, shaddocks, melons, berries, tomatoes and cucumbers are all refreshing when properly served. The many good cereals are almost invaluable to growing children, and often scarcely less so to those of maturer years. A chapter might be written on "What to do with the left-overs", but as these mainly consist of meat and potatoes, it can be written in few words : Serve them for breakfast, luncheon or tea, disguised and made over in a hundred different ways, many of which are given in the following recipes :

## BREAKFAST MENUS

### Spring

Fruit

Baked Hash

Corn Bread      Coffee

---

Quaker Oats

Ham Omelet      Creamed Potatoes

Muffins      Coffee

Fruit  
Cracked Wheat  
Minced Hash on Toast    Hashed Brown Potatoes  
                                 Popovers    Coffee

### Summer

Fruit  
Frizzled Beef    Baked Potatoes  
                         Rice Muffins    Coffee

---

Fruit  
Farinose  
Parsley Omelet    Broiled Tomatoes  
                         Muffins    Coffee

### Autumn

Fruit  
Ham Patties    Potato Cakes  
                         Rolls    Coffee

---

Oatmeal  
Corn Beef Hash  
Griddle Cakes    Coffee

---

Fruit  
Cracked Wheat  
Meat Sausages    Potatoes Hashed in Cream  
                         Popovers    Coffee

### Winter

Hominy  
Hamburg Steaks    Stewed Potatoes  
                         Corn Dodgers    Coffee

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Quaker Oats  
Sausage    Hashed Browned Potatoes  
                         Buckwheat Cakes    Coffee

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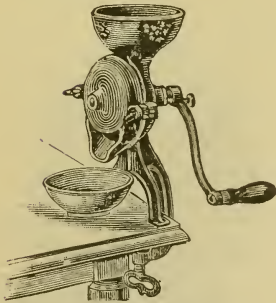
Fruit  
Germea  
Hash on Toast    Sautéd Potatoes  
                         Waffles    Coffee

# The Enterprise Coffee Mills

All our Family Mills are  
"Pulverizers" and are especially  
adapted for making  
"French" Coffee.



No. 00, \$1.25  
Capacity of Hopper,  
4 oz. Coffee.



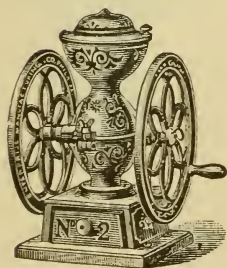
No. 0, \$1.50  
Capacity of Hopper, 4 oz. Coffee.



No. 1, \$2.25  
Capacity of Hopper, 4 oz. Coffee.

The Mills shown on this  
page will grind 6 oz. Coffee  
per minute.

# The Enterprise Coffee Mills



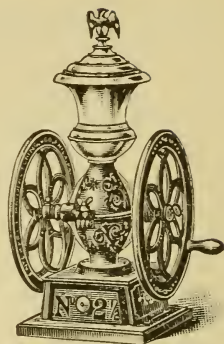
## No. 2, \$3.50

Capacity of Iron Hopper,  
4 oz. Coffee.

Will grind 6 oz. Coffee  
per minute.

Highly ornamented  
and handsome  
in appearance.

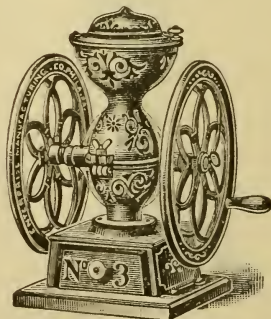
Grinders warranted  
equal to steel.



## No. 2 1/2, \$4.50

Capacity of Nickel-plated  
Hopper, 7 oz. Coffee

Will grind 6 oz. Coffee  
per minute.



## No. 3, \$5.00

Capacity of Iron Hopper, 1/2 lb.  
Coffee. Will grind 1/2 lb  
Coffee per minute.

A Coffee Mill is a household necessity if one wishes good coffee. Ground coffee quickly loses its strength, and the amount required at any

one time should be ground just before using. There is another reason for home grinding, too often overlooked by the consumer. You may purchase the best Java and Mocha, but the purchaser just before you selected an inferior grade of Rio; his coffee was coarsely ground, yours is to be finer. The result appears in the next morning's cup of coffee, when the flavor of the rank Rio, grains of which have gone through the grinder with your better grade, is stronger than that of the other mixture.

In selecting a Coffee Mill it is better to take one that stands on a shelf or table, as Nos. 1 or 2, than those screwed upon the wall. The former are more apt to be cleaned often, require less time to operate, and save all the coffee and its strength. The Coffee Mill should not be used for grinding spices, unless these flavorings are desired in the coffee.

The fineness of the grinding is regulated by the thumb-screw at the end of the shaft. Put the measured coffee in the hopper, see that the receiving drawer or receptacle is clean, and turn the crank or wheel to the right. If grinding for drip coffee, tighten the thumb-screw so that the coffee is pulverized; if for boiled coffee loosen the screw accordingly.

The grinders are strong and do their work evenly. If, after continued use, their working power be impaired a new set can be put in at small cost, all the grinders being interchangeable, as well as all the other parts of any of the mills.

Do not wash the mill, but keep it clean, wiping the hopper and drawer often; wheels and working parts when necessary.

## COFFEE

There seem to be as many variations in the making of coffee as there are grades of the raw material, and all supplied by the same person. The cook who can make a cup of delicious coffee always, provide good bread and broil a beef steak as it should be, is a treasure whether she knows the boiling point of water or that yeast is a plant. Java and Mocha are usually considered the best varieties, and the proportion of two-thirds Java to one-third Mocha seems agreeable to most people. It must be remembered, however, that each variety of coffee has different grades, and the best assurance of good quality is the name of a reputable dealer on a certain grade or mixture of coffee of which he has made a specialty. The best quality of coffee can be spoiled in the making, and while that seems to be a very simple operation, to have it always right is one of the diffi-

culties of housekeeping. It is, ordinarily, better to purchase roasted coffee, for much of the flavor depends upon the evenness and degree of this process, and few homes have the facilities for doing it properly. Keep it in air-tight cans and grind as needed for use, for ground coffee loses its strength even when kept most carefully. The Enterprise Coffee Mills have gauges with which to regulate the fineness or coarseness of the grinding, and this depends upon the method of making employed. For an infusion, the coffee should be pulverized; for a decoction, ground more coarsely. Too good care cannot be taken of the coffee-pot, which should be of granite ware or porcelain, and kept scrupulously clean.

The proportions remain the same, one heaping tablespoonful of coffee to one cup of boiling water, whether drip or boiled coffee is to be made; but something does depend upon the number of people. One-half cupful of ground coffee and one quart of water will make coffee for five people, but for one person one tablespoonful of coffee and one cupful of water will not suffice, for the old idea of allowing so much for the pot has reason in its being.

#### Drip Coffee

Scald the coffee-pot and see that it is thoroughly heated. Grind the coffee to a fine powder. Have the water *boiling*, but use it at its first boil, before the gases have disseminated. Put the coffee in the percolator, and pour the water on the upper sieve. When there is much coffee to be made it takes some time for the percolation, and in order to have the coffee hot it is wise to stand the pot in hot water during the process. Drip coffee must be served *at once*.

#### Boiled Coffee

Scald out the coffee pot, and see that it is thoroughly heated. Grind the coffee, put it in the coffee pot, add the water boiling, cover the spout and let the water come to the boiling point. Stir in an egg-shell, crushed, and mixed with one tablespoonful of cold water. Let the coffee boil one minute. Let it stand where it will keep hot, but not boil, for ten minutes, and serve.

#### To Make with Cold Water

Mix the required amount of ground coffee with its proportion of water and let stand until ten minutes before breakfast is ready to serve. Let it come fully to the boiling point without the addition of hot water or egg and serve at once.

## BREAKFAST BREADS AND CAKES

## Corn Bread

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1 cupful of grains of gold      | 1 cupful of flour                  |
| 2 eggs                          | $\frac{1}{2}$ cupful of sugar      |
| 1 cupful of milk                | 2 teaspoonfuls of melted butter    |
| 2 teaspoonfuls of baking powder | $\frac{1}{2}$ teaspoonful of salt. |

Mix the Indian meal and flour, and add the salt. Beat the eggs light without separating, add the sugar and beat until light. Add the milk and butter to the eggs and sugar, and the mixed meal and flour to this, beating all the while. When light and smooth and ready to bake, add the baking powder; turn into a greased shallow pan and bake twenty minutes in a quick oven.

## Corn Dodgers

- |                             |                           |
|-----------------------------|---------------------------|
| 2 cupfuls of white cornmeal | 1 tablespoonful of butter |
| 1 teaspoonful of sugar      | 1 saltspoonful of salt    |
| 3 tablespoonfuls of milk    | 2 eggs.                   |

Scald the meal, add the butter melted, the sugar, salt and milk. Mix well and cool. Beat the yolks of the eggs until light, add to the batter and beat until smooth. Whip the whites to a stiff, dry froth, and mix gently and quickly with the batter. Put by the tablespoonful into greased popover pans, and bake to a delicate brown in a very hot oven.

## Rice Muffins

- |                                |                          |
|--------------------------------|--------------------------|
| 1 cupful of boiled rice        | 1 cupful of flour        |
| 1 cupful of milk               | 2 teaspoonfuls of butter |
| 1 teaspoonful of baking powder | 2 eggs.                  |

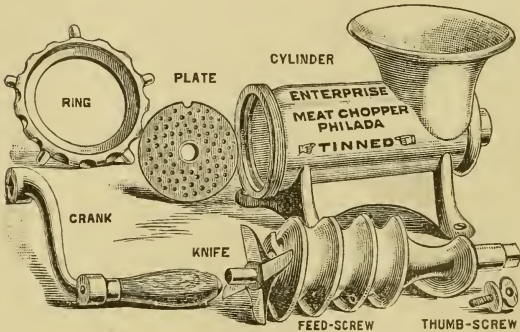
Melt the butter, add to the milk. Add the beaten yolks of the eggs to the rice, and mix this with the flour. Add the milk gradually, beating until light and smooth. Whip the whites to a stiff, dry froth and add to the batter with the baking powder and a pinch of salt. Turn into hot, greased muffin pans, and bake twenty-five minutes in a moderately hot oven.

## Graham Gems

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 2 cupfuls of graham flour     | $\frac{1}{2}$ cupful of white flour |
| $\frac{1}{2}$ cupful of sugar | 2 tablespoonfuls of butter          |
| $\frac{3}{4}$ cupful of milk  | 2 teaspoonfuls of baking powder.    |

Mix the flours, melt the butter. Add the sugar and butter to the milk, and this, gradually, to the flour, beating all the while. When light and smooth add the baking powder, turn into hot, greased gem pans and bake thirty minutes in a moderately hot oven.

# Enterprise Meat Chopper



When purchasing a Chopper, have the merchant from whom you buy explain the method of taking apart and putting it together. Many good articles are often condemned because of the ignorance of the user. The illustration represents the Chopper taken apart, each piece being named. The feed screw is first inserted in the cylinder with the knife in position, as shown. Next adjust the plate in the opening of the cylinder, with the flat side turned inwardly, care being taken that the notch in the plate fits into its corresponding place. Then screw on the ring, turning to the right, attach the crank, fastening same by means of the thumb-screw, and your Chopper is ready for use.

Every Machine is fitted and tested before leaving the factory, and the parts can easily be put together. If they do not seem to fit, do not try to force them, but look for your mistake. A new Chopper should be cleansed before using, which can be done by passing through it partially stale bread. After being used for cutting meat, take the machine apart and wash each piece carefully with hot water, and after drying over a stove, or range, put together and away in a dry place.



To suit the different uses to which the Chopper may be put, plates are made with holes of various sizes, the one with  $\frac{3}{16}$  in. holes being standard and accompanies each machine. Plates with holes, either  $\frac{1}{4}$  in.,  $\frac{5}{16}$  in., or  $\frac{3}{8}$  in., can be purchased separately.

Among the numerous uses are those for making sausage, mincemeat, hash, scrapple, Hamburg steak, hog's head cheese, croquettes, chicken and lobster salads, also for chopping suet, tripe, codfish, clams, vanilla beans, peppers, cocoanuts, horseradish, meat for beef tea, scrap meat for poultry, corn for fritters, stale bread and crackers for crumbs, etc.

It is preferable that the meat to be chopped should be first cut into strips. The small quantity of uncut meat remaining in the machine can be chopped by running through a second time some of the already cut meat. Our Choppers do not grind or tear the meat, but cut it as with a pair of scissors. It is impossible for any strings, sinews or gristle to pass through without being chopped clean and even. All parts are interchangeable, and can be replaced at small cost. The cutting parts being steel, they are vastly superior to the cast iron ones of other makes of Choppers.

Observe the following instructions :

*First*—Be sure the knife is in the Chopper with flat side against the plate.

*Second*.—Do not attempt to sharpen the knife or plate. When dull, send them by mail to the factory for resharpening.

*Third*.—Always use the same knife and plate together, or in pairs.

*Fourth*.—Screw the ring up moderately tight, so as to be perceptible when turning the crank.

*Fifth*.—Do not turn the crank backwards.

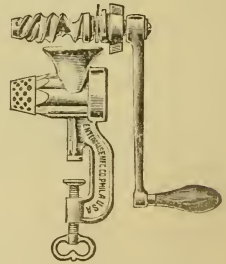
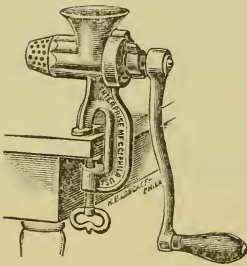
*Sixth*.—See that the threads of the ring and on end of the cylinder are kept free from meat, etc.

*Seventh*.—A plate with  $\frac{3}{8}$  in. holes is the most suitable for cutting hash.

*Eighth*.—In cutting tallow or vanilla beans, first run through a coarse, then a fine, plate.

# The Enterprise NEW MEAT CHOPPER

◆ TINNED ◆



- |                                 |        |
|---------------------------------|--------|
| No. 2—Chops 1 lb. per minute,   | \$1.75 |
| No. 4—Chops 1½ lbs. per minute, | 2.25   |
| No. 6—Chops 2 lbs. per minute,  | 2.75   |

The Progressive Housewife will at once appreciate its worth for use in the kitchen every day in the year.

These were designed with a view of making a Chopper so simple as not to require directions how to use, and therefore especially adapted for family use. They are practically in two pieces, hence no small parts to lose. Can be taken apart in a second and easily cleaned. Leaves no meat in the machine, consequently no waste. Keep Chopper clean, and dry thoroughly after using. If Chopper is cleaned by passing through stale bread or crackers, washing is unnecessary; simply wipe out, put together and away.

## BREAKFAST MEATS

### Hash

This distinguished dish has been much abused, for when well made there is no breakfast dish more appreciated or wholesome. There is a small summer resort in northern New York noted for its table, chiefly because of its delicious hash almost invariably served for breakfast. The making of this dish needs as strict attention to details as the making of any; meat and potatoes chopped together and warmed through do not constitute hash or deserve the name. Nor will meat actually unfit for any other purpose make good hash, although much that cannot be otherwise utilized may be used here. A chopper should be selected which does not grind or tear the meat, but cuts it in even-sized pieces with the nicety of scissors.

### New York Hash

To every cupful of cooked, chopped meat take

2 cupfuls of chopped potatoes	2 tablespoonfuls of butter
$\frac{1}{2}$ cupful of boiling water or stock	Seasonings to taste.

For this, beef is most generally taken, although corned beef, chicken, turkey, veal or even mutton may be used. The cold meat should be chopped rather fine, and the potatoes not chopped until cold. Season the meat and potatoes; put the water and butter over the fire, and when the water boils again add the meat and potatoes. Nothing is better to cook hash in than an old-fashioned iron saucepan or spider. The difficulty of making good hash lies in the cooking, for it must be stirred, yet not too much or it will be pasty; the water should boil away, yet the hash must not be dry, nor yet watery. Let it cook, stirring occasionally, until there is a coating on the bottom of the pan from which the hash can be freed without sticking. Serve at once.

### Corned Beef Hash

may be made in the same way, or using equal proportions of chopped meat and potatoes. Many prefer a slight flavoring of onion, when it is advisable to use a few drops of onion juice or extract rather than the chopped onion itself.

### Minced Hash on Toast

To  $1\frac{1}{2}$  cupfuls of minced meat  
use 1 cupful of brown or white sauce.

Chop the meat quite fine. If beef, mutton or lamb is to be used make

a brown sauce as follows: Melt and brown one tablespoonful of butter; add one tablespoonful of flour, stir until smooth and well browned. Add one cupful of stock or hot water (stock preferred) and one and one-half cupfuls of the minced meat. Season to taste with salt, pepper, two or three drops of onion juice or one teaspoonful of curry powder, if desired. Stir carefully until well mixed and thoroughly heated, and serve at once on toast.

With chicken or turkey a white sauce should be made with one tablespoonful of butter, one tablespoonful of flour and one cupful of milk, cream or white stock. Melt the butter without browning; add the flour, stir until smooth but not browned, add the milk and minced meat. Season, stir until well mixed and heated, and serve at once on toast.

If eggs are to be served with the hash, cut the toast with a large round patty cutter. Put a thick layer of the minced meat on each piece and place a poached egg carefully on each. The eggs should be trimmed to fit the toast and must be poached while the hash is heating, so that all may be sent to the table piping hot. No matter how good the hash, it loses its flavor if served cold, and a cold poached egg is never acceptable.

### Baked Hash

2 cupfuls of meat	2 cupfuls of potatoes
1 tablespoonful of butter	2 cupfuls of stock
Seasoning to taste.	

Melt the butter in the frying pan; add the stock and, when heated, the meat and potato well mixed. Season to taste and stir occasionally until well heated. Turn into a greased baking dish and bake thirty minutes in a moderately quick oven.

### Meat Sausages

2 cupfuls of meat	$\frac{1}{4}$ cupful of pork
2 level teaspoonfuls of pepper	A pinch of thyme or sweet marjoram
3 drops of lemon juice	Yolks of 2 eggs.

Use cooked meat and chop very fine. The pork should be measured after chopping and should be less rather than more than the amount given. Mix the dry seasonings with the meat and pork, and add the yolks of the eggs beaten light. When thoroughly mixed, form into small, flat sausage cakes and sauté in a frying pan.

### Meat Cakes

2 cupfuls of chopped cooked meat	2 tablespoonfuls of butter
3 tablespoonfuls of cracker crumbs	1 small onion
2 eggs	Salt and pepper to taste.

Chop the onion very fine. Beat the eggs light without separating. Melt the butter, add to the cracker crumbs, mix with the eggs, meat and seasoning. Make into flat cakes and sauté in butter or dripping.

### Mutton Cecils

2 cupfuls of chopped, cooked mutton
Yolks of 2 eggs
2 tablespoonfuls of butter
1 tablespoonful of bread crumbs
1 tablespoonful of chopped parsley
Salt and pepper to taste.

Melt the butter, add the bread crumbs, and when well mixed, the meat, seasoned. Add the beaten yolks of the eggs and stir in a saucepan over the fire until the mixture is heated through. Cool, form into small round balls, cover with egg and bread crumbs and fry in smoking hot fat.

## RAGOUTS

These are easily made after one has mastered the art of sauces, upon which their success depends. They may be varied either by the kind of sauce used or by the addition of mushrooms, tomatoes, currant jelly, etc.

### Mutton Ragout

2 cupfuls of cold chopped meat	1 teaspoonful of Worcestershire sauce
1 tablespoonful of butter	1 tablespoonful of flour
1 cupful of stock	1 tablespoonful of catsup
Salt and pepper to taste.	

Melt and brown the butter, add the flour, stir until smooth and brown. Add the stock; cook until it thickens. Add the mutton, turn into a farina boiler and cook for twenty minutes. When ready to serve, add the Worcestershire sauce and catsup; season further, if necessary, and serve.

### Creamed Chicken

2 cupfuls of chopped cooked chicken	
2 tablespoonfuls of butter	2 tablespoonfuls of flour
1 cupful of milk	1 cupful of cream
Yolk of 1 egg	1 tablespoonful of chopped parsley
Salt and pepper to taste.	

Melt the butter, add the flour and stir until smooth. Add the milk and cream; stir until it begins to thicken, turn into a farina boiler and add the chicken. When thoroughly heated, add the yolk of the egg and parsley. Mix, season to taste, and serve on toast or in a potato border.

### Hamburg Steaks

1 pound of steak from the round  
 1 teaspoonful of salt                      1 tablespoonful of chopped parsley  
 ½ teaspoonful of pepper                2 or 3 drops of onion extract  
 A very little thyme or sweet marjoram may be added if desired.

Chop the meat fine, mix well with the seasonings. Form into small steaks with the hand. Melt a tablespoonful of butter in the frying pan. When heated, put in the steaks; let them cook slowly until done half way through; turn over and cook on the other side. Serve with a brown or mushroom sauce.

### Ham Patties

1 cupful of finely chopped cooked ham  
 ¼ cupful of fine bread crumbs            1 tablespoonful of butter  
 ½ cupful of milk                            1 teaspoonful of salt  
 ¼ teaspoonful of pepper.

Mix the meat with the bread crumbs and seasonings; add the butter melted. Moisten with the milk, and half fill greased patty pans with the mixture. Break one egg carefully on the top of each, sprinkle with a little salt and pepper, and cover with fine bread or cracker crumbs. Bake eight minutes in a quick oven. Serve at once.

### Sausages

2 pounds of *lean* fresh pork            3 teaspoonfuls of sifted sage  
 1 pound of *fat* fresh pork                2 teaspoonfuls of white pepper  
 3 teaspoonfuls of salt                      ¼ teaspoonful of allspice.

Chop the meat, fat and lean together, very fine, and mix thoroughly with the seasonings. Make cotton bags the desired shape and length; dip them in a strong brine and dry. Attach the sausage stuffer to the meat chopper, and with it press the meat into the bags as closely as possible; tie the bags tightly and hang in a cool place. When using sausage from these the end should be turned back and after the desired amount has been cut off, tie closely again. Cut the sausage in slices and sauté until brown.

### Scrapple

Separate one small hog's head into halves. Take out the eyes and brains; scrape and thoroughly clean the head. Put it into a large kettle, cover with four or five quarts of cold water, and simmer gently for two or three hours, or until the meat falls from the bones. Skim the grease carefully from the surface, remove the meat, chop fine, and return it to the liquor. Season it with one teaspoonful of powdered sage, salt and pepper. Sift in granulated, yellow corn meal, stirring constantly until it is the consistency of soft mush. Cook slowly for one hour, watching carefully, as it scorches easily. When cooked, pour into a greased, oblong tin, and put in a cold place. Cut in thin slices, and fry crisp and brown.

### Codfish Balls

1 cupful of salt fish	2 cupfuls of potatoes
2 tablespoonfuls of cream	1 tablespoonful of melted butter
1 egg	Pepper to taste.

Wash and pick over the fish, shredding it into small pieces. Peel the potatoes and cut in quarters. Put the fish and potatoes together in a saucepan, cover with boiling water, and cook twenty-five minutes, or until the potatoes are tender. Watch them that they may not cook until soggy. Drain thoroughly, mash and beat with a fork until light. Add the butter, mix, and cool slightly. Add the egg beaten without separating and the cream, unless the mixture be too soft, adding gradually, as the entire quantity given may not be required. Make into balls, cover with egg and bread crumbs, and fry in smoking hot fat. If handled and fried carefully, these may be cooked if desired without the egg and bread crumb covering.

### Fish Hash

Use the same proportions as given for codfish balls. The fish and potatoes may be cooked together the day before, drained, and left standing until ready to prepare for breakfast. Then heat and add the egg, butter and cream. Beat until very light and brown slightly in a frying-pan. Fold like an omelet, and serve on a heated dish.

## POTATOES

There are many, many ways of cooking and serving potatoes; the only trouble is to think of them and thus give the pleasurable variety which adds so much to simple things.

### RECIPES IN WHICH BOILED POTATOES ARE USED

#### Hashed Browned Potatoes

Cut three good-sized potatoes into very small dice; season with salt and pepper. Put two tablespoonfuls of butter into a frying pan; when melted and hot add the chopped potatoes. Stir until the potatoes are well mixed with the butter and have begun to be heated. Then push the potatoes over to one side of the pan and keep over a moderate fire, without stirring, for fifteen or twenty minutes. The potatoes should form together and brown in the shape of an omelet. When ready to serve, loosen them from the pan by carefully slipping a knife under them; put a small platter over the pan and turn upside down so that the potatoes will come out in a roll upon it. Chopped parsley may be added just before turning, if desired.

#### Creamed Potatoes

The best result is obtained by using freshly-boiled potatoes, stewing or creaming them while warm. This, however, is rarely done, as for breakfast potatoes boiled the day before are usually to be warmed over. Chop the potatoes in small dice, and to every pint of potatoes make a pint of cream sauce as follows: Melt one tablespoonful of butter, add one tablespoonful of flour. Mix until smooth. Add two cupfuls of good milk, or better, one cupful of milk and one of cream. Stir until the butter and flour are well mixed with the liquid, then add the potatoes. Put on the back part of the stove, and cook slowly, stirring only occasionally, and then with care, until the potatoes have nearly absorbed the milk. If stirred often or vigorously the potatoes will become mashed and pasty, yet care must be taken that the milk does not scorch. Season, just before serving with salt, pepper and a tablespoonful of chopped parsley. If the salt be added to the potatoes before cooking in the milk it often curdles it.

When using freshly-boiled potatoes, make an ordinary cream sauce in the proportion of a cupful of sauce to each cupful of chopped potatoes; add the potatoes and cook until well mixed and heated. Serve at once.



**Fried Potatoes**

Cut boiled potatoes into even thin slices. Season with salt and pepper and brown or sauté on both sides in butter or bacon fat.

**Lyonnaise Potatoes**

2 cupfuls of cooked chopped potatoes  
 1 even tablespoonful of finely-chopped onion  
 2 tablespoonfuls of butter  
 1 tablespoonful of chopped parsley  
 Salt and pepper to taste.

Melt the butter, add the onion and fry until a delicate brown. Add the seasoned potatoes and stir carefully until they have absorbed all the butter. Add the parsley and serve at once.

**RECIPES IN WHICH MASHED POTATOES ARE USED****Potato Cakes**

2 cupfuls of mashed potato      2 tablespoonfuls of cream or milk  
 Yolk of 1 egg      Salt and pepper to taste.

Beat the yolk of the egg light and add to the mashed potato with the salt and pepper. Add the cream if necessary only, for if the mashed potato be sufficiently moist the cream will make it impossible to handle. When well mixed form into small, flat, round cakes; sauté in hot fat or dripping, browning first on one side and then on the other.

**Potato Puffs**

1 cupful of mashed potato      1 egg  
 1 teaspoonful of butter      ½ cupful of cream or milk  
 Salt and pepper to taste.

Beat the egg light without separating, and melt the butter. Add to the mashed potato with the cream or milk. Season and beat until quite light. Fill greased popover pans half full of the mixture and brown in a quick oven. Take out carefully with a limber knife or spatula and serve at once on a heated dish.

**Potato Souffle**

1 cupful of mashed potato      1 tablespoonful of cream  
 1 egg      Salt and pepper to taste.

Beat the yolk of the egg light and add to the mashed potato with the cream and seasoning. Beat until very smooth and light, add carefully the white of the egg whipped to a stiff, dry froth, turn into a greased baking dish and brown in a quick oven.

## MISCELLANEOUS

### Baked Potatoes

Select smooth potatoes of uniform size ; wash well. Bake until done in a *hot* oven, the length of time depending upon the size and age of the potato. New potatoes should be done in from twenty to thirty minutes, and for old potatoes the oven should be sufficiently hot to bake in from thirty to forty-five minutes. When testing, press them, but do not pierce with a fork. Potatoes should not only bake quickly, but should be served as soon as they are done, as standing makes them watery.

### French Fried Potatoes

Pare and wash the potatoes and cut into the desired shape. Drain well. Fry in smoking hot fat until well browned and drain on brown paper. Season with salt and serve.

PARISIENNE potatoes are cut in small balls with a vegetable cutter and fried as above.

JULIENNE potatoes are cut in narrow strips, and cooked in the same manner.

## EGGS

There is, perhaps, nothing more difficult than the simple process of boiling an egg to *just* the right degree. Eggs for poaching or boiling are best when thirty-six hours old.

### For Boiling

Put the eggs in a saucepan of boiling water, and let them stand where they will keep hot, but the water will *not* boil, for ten minutes. This gives an evenly cooked, but soft-boiled egg, and the process simply has to be lengthened or shortened to produce a harder or softer degree.

### Poached Eggs

Fill a shallow pan nearly full of salted, boiling water. As soon as the water simmers, not boils, slip in the eggs, one by one, from a cup or saucer into which they have previously been broken. Dip the water over them with a spoon, that the yolk may be cooked. When the white is firm and a film has formed over the yolk, take out each egg with a skimmer. Drain well ; trim the edges, place on even rounds of toast, sprinkle with salt, pepper and melted butter, and serve at once.

### Omelets

The first essential for a good omelet is an omelet pan, which should be an ordinary-sized, flat, sheet-iron frying pan. After using, it should not be washed, but scoured with salt and wiped clean with a cloth. It is better to make several small omelets, of three or four eggs each, rather than one large one, for they are more easily handled and cook quicker, so are more apt to be tender.

Break the eggs into a bowl; beat until broken only. Add to four eggs three tablespoonfuls of cream or four teaspoonfuls of warm water and one teaspoonful of butter. Put the pan over the fire, and when it is hot put in one teaspoonful of butter, tipping the pan that the butter may melt and run over it quickly. As soon as the butter is melted turn the eggs into the pan, shaking it gently to keep the eggs from cooking too rapidly on the bottom. As the lower part cooks, lift with a spatula, allowing the uncooked upper portion to run on to the hot pan. When the omelet is of a soft, creamy consistency, season with salt and pepper, tip the pan, slip the knife under the omelet and carefully roll it to the center. Let it cook a moment longer to brown. Should it not brown quickly, add a little butter, letting it run under the omelet. Turn out on a hot dish and serve at once or not at all.

**PARSLEY OMELET.**—Add one teaspoonful of finely-chopped parsley just before the omelet is turned or at the same time the seasoning is added.

**GREEN OMELET.**—Mix one teaspoonful of finely-chopped parsley with the egg, and only slightly brown the surface of the omelet.

**HAM OMELET.**—Add two tablespoonfuls of finely-chopped cooked ham well spread over the surface before turning the omelet

### Scrambled Eggs

4 eggs	1 tablespoonful of butter
2 tablespoonfuls of cream	Salt and pepper to taste.

Break the eggs into a bowl, add the cream and beat only enough to blend the yolks and whites. Melt the butter in the frying pan, and when hot turn in the eggs. Do not stir until they begin to form, and then gently lifting them up and over that the flakes may be large and the eggs tender and well cooked. As soon as the eggs are sufficiently set, remove from the fire and stir until dry. Season and serve.

Scrambled eggs may be varied in the same way as omelets, adding chopped ham, parsley, mushrooms, minced chicken, veal or sweetbreads.

## MEASURING

There may be—in fact, evidence proves that there are—good cooks who seemingly never measure anything, but by “about so much of this,” and “a pinch of that,” bring about results so delicious that the would-be follower at once determines to throw rules to the winds and try the same way. Good cooks *always* measure—one by the cup and spoon, because she must; another by the judgment and experience long years of doing the same thing over and over again have given her; and the chances are that, unless you have the rare gift of cooking straight from the gods, you had better cling to exact measures and weights if you wish the best result every time, instead of once in a while.

Dry ingredients such as flour, sugar, spices and soda should be sifted before measuring, unless the recipe states to the contrary. Many carefully written and many-times-tried recipes fail from the lack of this little precaution, for a tablespoonful of unsifted flour will measure over twice as much after that process. The table-, dessert- and teaspoons used for measuring should be of the regulation sizes made in silver; the cup, the regulation kitchen cup, holding two gills or one-half of a pint. In measuring dry materials, a spoonful means that whatever is measured should round as much above the spoon as the spoon rounds underneath. When a level or a heaping spoonful is desired, it is so stated in the recipe. A spoonful of liquid is the spoon full to the brim; one-half of a spoonful should be measured lengthwise of the spoon, not across.

A cupful is an even cup, leveled off—not shaken down—and accurate portions of the cupful may be found by using the measuring cups divided into thirds and fourths. These now come in glass, which makes accuracy easy.

### TABLE

4 saltspoonfuls . . . . .	equal	1 teaspoonful
4 teaspoonfuls . . . . .	“	1 tablespoonful
2 teaspoonfuls . . . . .	“	1 dessertspoonful
2 dessertspoonfuls . . . . .	“	1 tablespoonful
8 tablespoonfuls of liquid . . .	“	1 gill
6 tablespoonfuls of dry material	“	1 gill
2 gills . . . . .	“	1 cupful
2 cupfuls or 4 gills . . . . .	“	1 pint
4 cupfuls of liquid . . . . .	“	1 quart
4 cupfuls of flour . . . . .	“	1 quart

- 2 cupfuls of solid butter . . . equal 1 pound
- 2 cupfuls of granulated sugar . . . " 1 pound
- 2½ cupfuls of powdered sugar " 1 pound
- 2 cupfuls of milk or water . . . " 1 pound
- 1 tablespoonful of butter . . . equals 1 ounce
- 2 tablespoonfuls of flour . . . equal 1 ounce
- 2 tablespoonfuls of coffee . . . " 1 ounce

Butter the size of an egg means 2 tablespoonfuls or 2 ounces

A tablespoonful of melted butter is measured *after* melting

A tablespoonful of butter, melted, is measured *before* melting.

## TIME-TABLES FOR COOKING

The ordinary recipe should, and generally does, state the time required for cooking its ingredients, but an approximate table is occasionally of use as giving a general idea of the time required for certain things. In any case it is approximate only, for things should be cooked until *done*, and many things modify the time stated. The atmosphere, altitude, kind of oven or mode of heating employed and the age of certain things, such as vegetables, all have to be considered, so that hard and fast rules cannot be laid down. Cooking is like the German language—there are plenty of rules which must be learned and adhered to, but the exceptions and modifications are bewilderingly many, and experience and use are the best teachers.

### MEATS

#### Roasting or Baking

	TIME
Beef, ribs or sirloin, rare . . . . . per pound . . . . .	10 minutes
“ “ “ “ well done . . . . .	12 “
“ “ “ “ boned and rolled . . . . .	12 “
Round of Beef . . . . .	15 “
Mutton, leg, rare . . . . .	10 “
“ leg, well done . . . . .	15 “
“ loin, rare . . . . .	10 “
“ shoulder, stuffed . . . . .	15 “
“ saddle, rare . . . . .	10 “
Lamb, well done . . . . .	15 “
Veal, “ . . . . .	20 “
Pork, “ . . . . .	30 “
Turkey . . . . .	15 “

Fowls . . . . .	per pound . . . . .	20 minutes
Chicken . . . . .	" . . . . .	15 "
Goose . . . . .	" . . . . .	18 "
Venison . . . . .	" . . . . .	15 "
Fillet, hot oven . . . . .	" . . . . .	30 "
Ducks, tame . . . . .	entire time . . . . .	45 to 60 "
Ducks, wild, very hot oven . . . . .	" . . . . .	15 to 30 "
Partridge . . . . .	" . . . . .	30 to 40 "
Grouse . . . . .	" . . . . .	30 "
Pigeons . . . . .	" . . . . .	30 "
Braised Meats . . . . .	" . . . . .	3 to 4 hours
Liver, whole . . . . .	" . . . . .	2 hours

## Boiling

Mutton . . . . .	per pound . . . . .	15 minutes
Potted Beef . . . . .	" . . . . .	30 to 35 "
Corned Beef . . . . .	" . . . . .	30 "
Ham . . . . .	" . . . . .	18 to 20 "
Turkey . . . . .	" . . . . .	15 "
Chicken . . . . .	" . . . . .	15 "
Fowl . . . . .	" . . . . .	20 to 30 "
Tripe . . . . .	" . . . . .	3 to 5 hours

## Broiling

Steak, 1 inch thick . . . . .	8 to 10 minutes
Steak, 1 1/2 inches thick . . . . .	10 to 15 "
Mutton Chops, French . . . . .	8 "
Mutton Chops, English . . . . .	10 "
Spring Chicken . . . . .	20 "
Quail . . . . .	8 to 10 "
Grouse . . . . .	15 "
Squabs . . . . .	10 to 15 "
Shad, Bluefish, Trout . . . . .	15 to 25 "
Small Fish . . . . .	5 to 10 "

## FISH

## Boil

Halibut and Salmon . . . . .	per pound . . . . .	15 minutes
Bluefish and Bass . . . . .	" . . . . .	10 "
Cod and Haddock . . . . .	" . . . . .	8 "

## Bake

Halibut, salmon, bass, bluefish, shad, etc., for one hour.  
 Trout, pickerel, white fish, etc., for one-half hour.

## VEGETABLES

Young peas, canned tomatoes, green corn, asparagus, spinach, Brussels sprouts—15 to 20 minutes.

Rice, potatoes, macaroni, summer squash, celery, cauliflower, young cabbage, peas—20 to 30 minutes.

Young turnips, young beets, young carrots, young parsnips, tomatoes, baked potatoes, sweet potatoes, onions, cabbage, cauliflower—30 to 45 minutes.

String beans, shell beans, oyster plant, winter squash—45 to 60 minutes.

Winter vegetables—1 to 2 hours. Old beets, forever.

## MISCELLANEOUS

Bread, baked . . . . .	45 minutes
Bread, large loaves . . . . .	60 “
Biscuits and small cakes . . . . .	15 to 20 minutes
Ginger Bread . . . . .	20 to 30 “
Brown Bread, steamed . . . . .	3 hours
Sponge Cake . . . . .	45 to 60 minutes
Plain Cake . . . . .	30 to 40 “
Fruit Cake . . . . .	2 to 3 hours
Cookies . . . . .	10 to 15 minutes
Thin Cakes, usually . . . . .	20 minutes

## Baked Puddings

Such as bread, rice, tapioca, sago and cocoanut, one hour each.

## Boiled Puddings

Such as Indian pudding, plum pudding and huckleberry pudding, two to three hours each.

## Batter Puddings

Such as cottage, etc., about forty-five minutes.

In roasting or baking meats, the time should be computed after the first twenty minutes; or after counting so many minutes to each pound add twenty or thirty minutes according to size of the roast to allow time for the meat to become heated. Meat should be basted every ten minutes unless covered in the braising pan.

In baking fish do not put water in the pan. Lard or lay the fish on pieces of salt pork or fat bacon, and lay strips of the same on top. Baste with the drippings.

## LUNCHEON

The midday meal in the ordinary household is far too often an indifferent affair, where the cook unblushingly sets before the family dishes that try to sink into the oblivion of nothingness for very shame of their appearance. It is true that many things can be utilized for lunch which would be out of place for any other meal, or be actually thrown away as useless ; but this does not mean that the cold remains of last night's dinner can or should be served without disguise or embellishment. Luncheon is, in many places, peculiarly the woman's meal, and for this very reason sufficient care and thought should be expended upon it to tempt the delicate appetite and give the needed nourishment in an attractive form.

Luncheon is an informal meal, but none the less should the table appointments be fresh and dainty, and everything well served. Relishes are nowhere more acceptable than upon the luncheon table, but that which deserves the highest consideration for this meal is the utilization of the culinary odds and ends. Croquettes, soufflés, meats for sandwiches and all meat entrees become simplified by means of a Meat Chopper ; and the majority of dishes having poetical French names and coming under the name of entrees are but different forms of hash or preparing minced meat. For the luncheon and tea table, as well as chafing dish use, an emergency closet should be had, stored with a few cans of soup, extract of beef, canned salmon, shrimps and chicken ; chicken and ham patties put up in glass, chipped beef, etc. With such materials at hand it takes but a short time to transpose a simple but well-cooked home luncheon into a more formal and pretentious affair. In the well-ordered household the unexpected guest does not often cause consternation, but there are occasions when the amount cooked is necessarily limited, and confusion would arrive with the guest were it not for that comforting store room.

The use of the chafing dish is always proper at luncheon. Any recipes for meats, fish or vegetables rewarmed in the numerous sauces may be used with the chafing dish ; omelets, scrambled, poached and fried eggs, the various creamed and panned dishes.



## LUNCHEON MENUS

## Spring

Scalloped Fish      Cold Slaw  
 Brown Bread and Butter  
 Pineapple Pie

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Turkey Soup  
 Veal Loaf      Lettuce Salad  
 Bavarian Cream

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Chicken Croquettes, Bechamel Sauce  
 Macedoine Salad  
 Bread and Butter  
 Cherry Pie

## Summer

Stuffed Eggs, Cream Sauce  
 Tomato Salad  
 Fruit Jelly

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Corn Fritters  
 Sandwiches  
 Citron Preserves      Cake

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Bouillon  
 Deviled Clams      Lettuce Sandwiches  
 Chicken á la Terrapin  
 Peach Sherbet

## Autumn

Curry of Veal  
 Scalloped Tomatoes  
 Fruit      Wafers  
 Tea

---

Pureé of Clams  
 Ham Toast  
 Rice Pudding

---

Scalloped Fish      Sliced Tomatoes  
 Raisin Pie

### Winter

Lobster Cutlets, Cream Sauce  
Sandwiches  
Canned Cherries      Cookies

Fried Oysters      Chili Sauce  
Deviled Chicken  
Rice Pudding

Bisque of Oysters  
Molded Ham and Eggs      Creamed Potatoes  
Suet Pudding

## SOUPS

The soups which are served in cups are those commonly used for luncheon, although others may be with perfect propriety. Where there are school children, especially if the remainder of the lunch be made up of cold dishes, a warm, nourishing soup is almost a necessity. Creamed soups, having white stock or milk as a basis, may often be used, utilizing the vegetables left over from yesterday's dinner for the flavoring and thickening.

### Bouillon

1 ½ pounds of lean beef from the round	
1 tablespoonful of butter	½ of an onion
1 stalk of celery	3 cloves
2 slices of carrot	1 bay leaf
2 sprigs of parsley	4 cupfuls of cold water
White and shell of one egg.	

Chop the beef fine. Slice the onion and carrot and chop the celery. Melt the butter, add the onion, and brown. Add the meat, celery, cloves, carrot, bay leaf and parsley, and cover with the cold water. Cover the saucepan, and stand on the back part of the stove where the water will heat slowly. Simmer for two hours, strain, return to the kettle and bring to a boil. Beat the white of the egg with one-half cupful of cold water until thoroughly mixed, crush the shell, add to the egg and mix with the boiling bouillon. Let boil for one minute, remove the kettle to the back of the stove, wait until the bouillon settles, and strain through a cheese cloth. Color with caramel, season and serve.

If a beef soup is desired, strain, but do not clear with the egg as directed for the bouillon.

### Turkey Soup

- |                           |                           |
|---------------------------|---------------------------|
| 1 tablespoonful of butter | • 1 cupful of cream       |
| 1 slice of onion          | 3 tablespoonfuls of rice  |
| 3 stalks of celery        | Salt and pepper to taste. |

Chop the onion, and brown in butter. Add the turkey carcass and any dressing left over, cover with one quart of cold water and simmer for two hours. Strain, return the broth to the kettle. Chop whatever meat can be taken from the turkey bones very fine, and add to the broth with the rice and celery also chopped fine. Cook for one-half of an hour or until the rice and celery are tender. Add the cream, season and serve.

### Purée of Clams

- |                           |   |
|---------------------------|---|
| 25 clams                  | 1 cupful of cold water                    |
| 1 tablespoonful of butter | 2 tablespoonfuls of flour                 |
| 1 pint of cream           | $\frac{1}{4}$ of a cupful of bread crumbs |
|                           | Pepper to taste.                          |

Drain the clams with the water, saving all the liquor. Put the liquor in a saucepan over the fire, when it comes to a boil, skim. Chop the clams fine, add them to the liquor, let boil again and skim. Rub the butter and flour together until smooth and add to the broth with the bread crumbs; stir and cook until it thickens. Press through a sieve, return to the kettle and when heated add the cream previously scalded in a farina boiler. Season and serve at once. Do not let the soup stand on the stove after adding the cream, as it is apt to curdle, and be careful in seasoning as the clams are salty.

### Bisque of Oysters

- |                           |                           |
|---------------------------|---------------------------|
| 1 pint of oysters         | 1 pint of milk            |
| 1 tablespoonful of butter | 1 tablespoonful of flour  |
| Yolk of one egg           | Salt and pepper to taste. |

Drain the oysters free from their liquor, adding sufficient cold water to make one cup of liquid. Chop half the oysters fine. Bring the oyster liquor to a boil, skim, add the chopped oysters and simmer ten minutes.

Scald the milk; rub the butter and flour together until smooth, add to the milk and stir until it thickens. Add the whole oysters to the oyster liquor, and as soon as their edges curl remove all from the fire. Add the beaten yolk of the egg to the milk, take at once from the fire and mix with the oysters and their liquor. Season and serve at once.

## FISH

All kinds of shell fish at the times of year they are in season are used for lunchcon. The remnants of baked, boiled and fried fish may be recooked in various appetizing ways, and fish salads are usually most acceptable.

### Fried Oysters

Select the best large oysters and drain thoroughly. This is best done by pouring cold water over them, as the oyster liquor being thick will adhere. Carefully remove all bits of shell that may be clinging to the oysters and lay the oysters on a soft cloth to dry. Cover first with seasoned bread crumbs, allow them to dry, and recover, dipping in egg and then in bread crumbs. When ready, fry in deep, smoking hot fat.

### Oyster Croquettes

25 oysters	Yolk of 1 egg
1 tablespoonful of butter	1 tablespoonful of chopped parsley
$\frac{1}{4}$ teaspoonful of celery extract	$\frac{1}{4}$ cupful of cream
$\frac{1}{4}$ cupful of milk	2 tablespoonfuls of flour
Salt and cayenne pepper to taste.	

Put the oysters with their liquor in a saucepan over the fire. Cook for five minutes, take from the fire and drain thoroughly. Chop very fine. Strain one-half cupful of the oyster liquor, add to it the cream and milk and put in a farina boiler. Rub the butter and flour together until smooth, add to the liquid in the farina boiler with the chopped oysters. Stir until it thickens, add the yolk of the egg and the parsley. Mix well, take from the fire, season and turn out to cool. When cold, form into cork-shaped croquettes, cover with egg and bread crumbs and fry in smoking hot fat.

### Deviled Clams

25 clams	Yolks of 2 eggs
2 tablespoonfuls of butter	2 tablespoonfuls of flour
1 tablespoonful of chopped parsley	Salt and cayenne pepper to taste.

Drain the clams with one-half cupful of cold water, saving all the liquor. Add the clams to the liquor, put in a saucepan over the fire and let it come to a boil. Drain again and add two cupfuls of the juice. Chop the clams fine; rub the butter and flour together until smooth, add to the liquor and stir until it thickens. Take from the fire, add the beaten yolks of the eggs, the clams and the parsley. Mix well and season. Fill shells

with the mixture, cover with bread crumbs greased in melted butter, and brown in a hot oven.

### Clam Fritters

2 dozen clams	2 eggs
½ cupful of clam liquor	1 cupful of flour
1 tablespoonful of lemon juice	Salt and pepper to taste.

Beat the eggs light without separating. Scald the clams in their own liquor, drain and chop fine. Skim the liquor, add the eggs, lemon juice and the flour gradually. Mix well, add the clams, season and fry by spoonfuls in hot fat.

### Lobster Cutlets

2 cupfuls of boiled lobster meat chopped fine	
1 cupful of milk or cream	Yolks of 2 eggs
2 tablespoonfuls of butter	2 tablespoonfuls of flour
1 tablespoonful of chopped parsley	Dash of paprica
	Salt and pepper to taste.

Scald the milk. Rub the butter and flour together until smooth, add to the scalded milk and stir until it thickens. Add the yolks of the eggs beaten light, take from the fire and mix gently with lobster meat. Season with the salt, pepper and parsley. Onion and celery extract may be used if liked. Cool, form into cutlets, cover with egg and bread crumbs and fry in smoking-hot fat.

### Creamed Lobster

2 cupfuls of chopped boiled lobster meat	
2 cupfuls of cream or milk	2 tablespoonfuls of flour
2 tablespoonfuls of butter	Salt and pepper to taste.

Melt the butter without browning, add the flour, stir until smooth. Add the cream and stir until it thickens. Take from the fire, add the lobster meat and season. Turn into the farina boiler and serve when hot.

For curried lobster, add one teaspoonful of curry powder to sauce given above.

### Deviled Crabs

The chopped meat from 12 crabs	2 tablespoonfuls of flour
1 tablespoonful of butter	1 tablespoonful of chopped parsley
1 cupful of cream or milk	1 teaspoonful of salt
Yolks of 4 hard-boiled eggs	Cayenne pepper to taste.

Scald the cream. Rub the butter and flour together until smooth, add to the scalded cream and stir until it thickens. Take from the fire, add

the yolks of the eggs mashed fine, the parsley, salt and pepper. Mix well; add the crab meat carefully, for if stirred it makes the mixture stringy and pasty. Fill the cleaned crab shells, dip the whole thing, shell and all, in egg, roll in bread crumbs and fry, like croquettes, in smoking hot fat.

### Scalloped Fish

2 cupfuls of cooked fish	2 cupfuls of cream sauce
$\frac{1}{2}$ cupful of mashed potato	2 hard-boiled eggs
1 tablespoonful of melted butter	Salt and pepper to taste.

Flake the fish, mix with the potato with a fork, season, and beat until light. Rub the yolks of the eggs smooth with the melted butter, add to the cream sauce, with the whites pressed through a sieve. Fill a greased baking-dish with alternate layers of fish and sauce. Cover the top with greased bread crumbs and bake fifteen minutes in a hot oven.

For FISH CUTLETS follow the recipe for lobster cutlets.

Fish may be scalloped in shells, following the recipe for deviled crabs, but using scallop shells in the place of crab shells.

CREAMED FISH is fish rewarmed in a cream sauce.

CURRIED FISH is fish rewarmed in a curry sauce.

## MEATS

### Croquettes

	2 cupfuls of finely-chopped cooked meat
1 cupful of milk	2 tablespoonfuls of chopped parsley
1 tablespoonful of butter	2 tablespoonfuls of flour
	Seasonings to taste.

Scald the milk. Rub the butter and flour together until smooth, add to the scalded milk and stir until it thickens. Mix the parsley and other seasonings with the meat, add to the thickened milk and mix thoroughly. Cool, form into cone-shaped croquettes, cover with egg and bread crumbs, and fry in smoking hot fat.

Cold beef, veal, mutton, chicken and turkey are all used for croquettes, the seasonings varying with the meats. Beef and mutton should be more highly seasoned, using onion extract, herbs, curry, paprica, etc., to taste. Veal, chicken and turkey may have celery extract, lemon juice, chopped mushrooms, truffles and sweetbreads mixed with them.

### Lamb Croquettes

- |   |                           |
|---|---------------------------|
| 2 cupfuls of finely-chopped cooked lamb | 2 tablespoonfuls of flour |
| 1 cupful of boiled rice                 | 1 cupful of cream         |
| 1 tablespoonful of chopped parsley      | 1 tablespoonful of butter |
| 1 tablespoonful of lemon juice          | Salt and pepper to taste. |

Scald the milk. Rub the butter and flour together until smooth, add to the scalded milk and stir until it thickens. Mix the meat, rice, parsley and seasoning well together. Mix with the thickened milk and cool. When cool form into cone-shaped croquettes, cover with egg and bread crumbs, and fry in smoking hot fat.

### Soufflés

Veal, lamb, chicken and turkey are the meats usually preferred for soufflés. Beef and mutton make better scallops.

- |                                    |                           |
|------------------------------------|---------------------------|
| 2 cupfuls of chopped, cooked meat  | 3 eggs                    |
| 2 tablespoonfuls of butter         | 2 tablespoonfuls of flour |
| 1 cupful of milk                   | 1 cupful of cream         |
| 1 tablespoonful of chopped parsley | Seasonings to taste.      |

Melt the butter without browning, add the flour; stir until smooth. Add the cream and milk; stir until it thickens. Add the chicken to the sauce and, when it is thoroughly heated, add the beaten yolks of the eggs. Take from the fire and cool. When ready to use, beat the whites of the eggs to a stiff, dry froth; mix them gently with the meat and sauce. Turn into a greased baking dish and bake for twenty minutes in a hot oven.

## SCALLOPED MEAT

### Beef

- 2 cupfuls of finely-chopped cooked beef
- 2 cupfuls of tomato sauce.

Grease a baking dish. Fill with alternate layers of the beef, seasoned to taste, and the tomato sauce. Cover the top with greased bread crumbs and bake fifteen minutes in a quick oven.

### Veal

- 2 cupfuls of finely-chopped, cooked veal
- 2 cupfuls of brown mushroom sauce.

Follow the directions given for scalloped beef.

### Chicken or Turkey

Use in the same proportions as given above, with a white instead of a brown mushroom sauce. If desired, one-half cupful of bread crumbs may be added to any of the above recipes, using the crumbs alternately with the sauce and meat. Bechamel, curry, plain white or brown sauces, with the addition of catsup to the latter, may be used to vary the scallops.

### Boudins

	2 cupfuls of finely-chopped cooked meat	
1	tablespoonful of butter	1
1	tablespoonful of chopped parsley	Whites of 3 eggs
½	cupful of cream	½
		teaspoonful of pepper.

Beat the whites of the eggs to a stiff, dry froth. Melt the butter, add to the meat, with the parsley, salt and pepper. Add the cream by degrees, mashing the meat as fine as possible, and, when well mixed, add carefully the beaten whites of the eggs. Fill greased, individual soufflé tins two-thirds full, place them in a baking pan half filled with boiling water, and bake twenty minutes in a hot oven.

## CURRIES

### Beef and Mutton

	2 cupfuls of chopped cooked beef or mutton	
1	very small onion	1
2	tablespoonfuls of flour	2
2	cupfuls of stock	1
		teaspoonful of lemon juice
	Salt and pepper to taste.	

Chop the onion fine and brown in the butter with the curry powder. Add the flour, stir until smooth and brown. Add the stock and the meat, and when the sauce has sufficiently thickened, season and serve. One cupful of meat and one of vegetables may be used, lima beans or peas giving the best flavor.

### Curry of Lamb

2	cupfuls of chopped cooked lamb	½
2	tablespoonfuls of flour	2
2	cupfuls of stock	1
1	tablespoonful of orange juice	Salt and pepper to taste.
		½
		teaspoonful of chopped mint
		2
		tablespoonfuls of butter
		1
		teaspoonful of curry powder

Brown the butter, add the curry powder, meat and mint, and cook ten minutes, or until the meat is well heated and seasoned. Add the flour,



stir until brown. Add the stock and stir until the sauce has thickened. Season and serve in a rice border. In place of a rice border, one cupful of boiled rice and one of meat may be used, following the directions given above.

### Veal or Chicken Curry

2 cupfuls of chopped cooked chicken or veal  
 2 cupfuls of white sauce                      ½ cupful of boiled rice  
 1 teaspoonful of curry powder              Salt and pepper to taste.

Put the curry in the butter when melting the latter for the sauce. Add the meat and rice when the liquid is added and serve when thickened, seasoned and well heated.

### Deviled Chicken

2 cupfuls of finely chopped cooked chicken  
 2 tablespoonfuls of butter                      2 tablespoonfuls of bread crumbs  
 ½ cupful of cream                                  2 hard-boiled eggs  
 3 drops of onion extract                      2 tablespoonfuls of chopped parsley  
 Salt and pepper to taste.

Melt the butter, add the bread crumbs, chicken and cream; stir until the mixture is heated. Add the egg, the yolks and whites pressed through a sieve, the parsley and seasoning. Mix well; take from the fire, put in shells or individual soufflé dishes, cover with greased bread crumbs, and brown in a quick oven. Curry powder, paprica, and other seasonings may be added at will.

### Chicken à la Terrapin

1 pint of finely-chopped cooked chicken  
 3 tablespoonfuls of butter                      1 tablespoonful of flour  
 3 hard-boiled eggs                                  1 cupful of cream  
 1 tablespoonful of chopped parsley        Salt and pepper to taste.

Melt the butter, add the flour, stir until blended; add the chicken and the cream. Stand over hot water or in the farina boiler, and when the mixture is thoroughly heated add the yolks of the eggs put through a press and rubbed smooth with a little of the cream. Add the whites chopped fine, and let the mixture come to boiling point. Season and serve.

### Molded Ham and Eggs

Chop one cupful of cold boiled ham fine. Mix with it one-half cupful of cream sauce and the white of one egg beaten frothy only, *not*

light and dry. Mix well; line greased individual timbale molds with the mixture, break a raw egg carefully in the centre of each one and bake for ten minutes in a moderately quick oven. If baked in tin molds it will be necessary to turn out before serving, but this is so difficult to do without breaking the eggs it is often wiser to use shirred egg or the china soufflé dishes, in which they may be served. If turned out, serve with sauce.

### Ham Canapes

1 cupful of chopped boiled ham  
2 tablespoonfuls of Parmesan cheese

$\frac{1}{4}$  cupful of cream  
Paprika to taste.

Cut bread into slices one-fourth of an inch thick, and with a French cutter into circles. Fry to a delicate brown in smoking hot, deep fat.

Pound the ham to a paste, adding the cream as needed. Season with the paprika or cayenne pepper if preferred. Spread the mixture on the fried bread, sprinkle the cheese over the top, and brown in a hot oven.

### Ham Relish

1 cupful of cold boiled ham, chopped fine  
 $\frac{1}{2}$  cupful of cream

3 hard-boiled eggs

Salt and pepper to taste.

Scald the cream. Rub the yolks of two eggs smooth with a little of the cream; add to the cream in the farina boiler with the ham. Press the whites of the two eggs through a sieve, add to the mixture, and when thoroughly heated put on a heated dish. Slice the remaining egg over the ham and serve.

### Ham Toast

1 cupful of cold boiled ham, chopped fine  
Yolk of 1 egg

$\frac{1}{2}$  cupful of cream

Salt and pepper to taste.

Scald the cream, add the beaten yolks, stir until it thickens. Add the ham, and when heated, season and serve on toast.

### Veal Loaf.

3 pounds of veal  
3 eggs  
 $\frac{1}{4}$  cupful of butter  
1 teaspoonful of black pepper  
2 teaspoonfuls of salt

$\frac{1}{2}$  pound of ham  
3 tablespoonfuls of cream  
1 teaspoonful of onion juice  
 $\frac{1}{2}$  teaspoonful of allspice  
2 teaspoonfuls of summer savory

$\frac{1}{2}$  cupful of fine bread or cracker crumbs.

Chop the veal and ham very fine. Beat the eggs, without separating, until light, and melt the butter. Mix the veal, ham, crumbs and seasonings well together; add the eggs, and when well mixed the cream and melted butter. Mix thoroughly. Press into a mold previously wet with cold water, and turn out carefully on to a flat baking pan. Bake for two hours in a moderate oven, basting occasionally with melted butter.

### Scalloped Eggs

6 hard-boiled eggs  
2 cupfuls of cream sauce  
1 cupful of finely-chopped chicken,  
1 cupful of cracker crumbs  
 $\frac{1}{4}$  cupful of butter  
veal or ham.

Melt the butter, add the cracker crumbs and stir until heated. Mash the yolks of the eggs and chop the whites; mix with a cream sauce. Put alternate layers of crumbs, meat and eggs in a greased baking dish until all are used, having the last layer of crumbs. Bake fifteen minutes in a moderately hot oven.

### Stuffed Eggs

For 6 hard-boiled eggs take

1 cupful of finely chopped cooked meat  
1 tablespoonful of butter, melted  
 $\frac{1}{4}$  cupful of cream  
Seasoning to taste.

Cut the eggs in halves. Carefully take out the yolks, put them through a press and mix to a smooth paste with the melted butter. Add the meat and the seasoning; mix with the cream gradually, as it may not all be needed. When the mixture is of the proper consistency to stuff the eggs, season, fill each half carefully and make it even on top. Rub a little raw white of egg over the pieces and press them together. Roll in egg and bread crumbs and fry in smoking hot fat. Serve with a cream sauce.

### Stuffed Tomatoes

6 tomatoes  
12 mushrooms  
1 tablespoonful of chopped parsley  
1 tablespoonful of melted butter  
2 tablespoonfuls of bread-crumbs  
 $\frac{1}{2}$  cupful of finely-chopped cooked chicken  
Salt and pepper to taste.

The tomatoes should be good-sized, fully ripe and solid. Remove a

small circular piece from the top of each, and take out the seeds carefully so as not to spoil the shape or firmness of the tomatoes. Cut the mushrooms in pieces with a silver knife, mix with the chopped chicken, add the other ingredients, mix well and fill the tomatoes. Bake thirty minutes in a moderate oven, basting often with melted butter.

### Corn Fritters

1 cupful of sweet corn	Yolks of 2 eggs
1 cupful of milk	$\frac{1}{4}$ cupful of flour
1 teaspoonful of baking powder	$\frac{1}{2}$ teaspoonful of salt.

Beat the yolks of the eggs until light; add to the corn with the milk, flour and salt. Beat until light and smooth; add the whites, beaten to a stiff, dry froth, and the baking powder. Mix lightly and quickly; fry on a hot griddle or in the chafing-dish.

## SAUCES

The majority of sauces are easily made and greatly improve the dishes they accompany. With made-over dishes they are sometimes indispensable, as some re-cooked meats might be tasteless without this palatable addition.

The superiority of French sauces is due to the strong, finely-flavored, white stock used in their preparation. Many things take the place of this in the ordinary English sauces, but none fill it. The basis of most sauces is a roux made of butter and flour cooked together; for white sauces without browning, for brown sauces browning both butter and flour before adding the liquid to be used. If certain simple directions be always adhered to, a delicious sauce may be served with little trouble, but nothing will show lack of pains and following the rule quicker than a meat sauce. The proportions always remain the same, no matter what kind or amount of sauce is to be made—a tablespoonful of butter and a tablespoonful of flour to every cup of liquid. For a white sauce the butter is melted without browning, the flour added and cooked until blended without browning. For a brown sauce the butter is melted and browned, the flour added and thoroughly browned before the liquid is added. Never sprinkle in the flour; put it all in at once; stir with the flat of a spoon until blended and without lumps, and add the liquid at once—not by degrees.

**White Sauce**

1 tablespoonful of butter	1 tablespoonful of flour
1 cupful of milk or white stock	Salt and pepper to taste.

Melt the butter without browning; add the flour, stir until it is blended and smooth. Add the liquid, stir until it thickens, season and serve.

This is the basis for a large quantity of sauces which are used with fish, boiled fowl, roast turkey and chicken, veal and chicken croquettes, sweetbreads, many vegetables and eggs in various forms.

**White Sauce for Fish**

1 tablespoonful of butter	1 tablespoonful of flour
1 cupful of white stock	Yolk of 1 egg
Salt and pepper to taste.	

Melt the butter, add the flour and stir until smooth. Add the stock, stir until it thickens; take from the fire and stir in the yolk of the egg. If added at once the heat of the sauce is sufficient to cook the egg, and if allowed to remain over the fire the sauce may separate. Season and serve at once.

EGG SAUCE.—To the above add two hard boiled eggs cut in slices and one tablespoonful of chopped parsley.

**Oyster Sauce**

2 tablespoonfuls of butter	2 tablespoonfuls of flour
1 cupful of milk	1 pint of oysters
½ teaspoonful of celery extract	Salt and pepper to taste.

Cook the oysters in their own liquor until the edges curl. Drain, saving one cupful of the oyster liquor. Add this to the milk and proceed as directed for the white sauce, adding the oysters as soon as the sauce thickens. Season and serve at once. If the oysters cook too long they will be tough, and the sauce should not stand before serving.

**Bechamel Sauce**

1 tablespoonful of butter	1 tablespoonful of flour
½ cupful of white stock	½ cupful of cream
Salt and pepper to taste.	

Proceed as directed for the white sauce.

### Mushroom Sauce

1 tablespoonful of butter  
 ½ cupful of cream  
 ½ can of mushrooms

1 tablespoonful of flour  
 ½ cupful of mushroom liquor  
 Salt and pepper to taste.

Cut the mushrooms in half with a silver knife. Proceed as directed for the white sauce, adding the mushrooms just as the sauce begins to thicken. They should cook only long enough to be heated through and the sauce be served at once.

### Brown Sauce

1 tablespoonful of butter  
 1 cupful of stock or water

1 tablespoonful flour  
 Salt and pepper to taste.

Melt the butter and brown ; add the flour, stir until smooth and thoroughly browned. Add the stock, stir until it thickens, season and serve.

It takes much longer to make a brown than a white sauce, as browning flour hardens the starch grains so they do not readily expand and thicken the sauce.

From this sauce are made many, adding different flavorings, such as catsup, curry powder, Worcestershire sauce, etc. Brown sauce and its variations are served with dark-colored meats, game, ham, cutlets, etc.

**MUSHROOM SAUCE.**—To the quantity of brown sauce given above add one-half can of mushrooms cut in halves with a silver knife. Cook only long enough to heat through, as directed for the white mushroom sauce.

**CURRANT JELLY SAUCE.**—To the quantity of brown sauce given above, add one-half cupful of melted currant jelly.

**CURRY SAUCE.**—To the quantity of brown sauce given above, add one teaspoonful of curry powder.

## SALADS

Perhaps there is no dish which adds more to the luncheon or tea than a nicely prepared salad. Nearly all meats, vegetables and fruits may be served as salads, but the kinds of dressing are limited. Not only does the meat, vegetable or fruit to be used determine the mode of dressing, but the part the salad is to play in the meal has much to do with it. If the salad be the mainstay at luncheon served with cold meats and pastry only, it must be substantial and satisfying ; but if it be but an accessory it should be simple and refreshing. French dressing is usually served with green vegetables, and mayonnaise with meat and fish salads.

### Mayonnaise Dressing

Before beginning the dressing, chill the plate, eggs and oil, even the fork. Put the yolks of two eggs, carefully freed from the whites, in a soup-plate; add one-half of a teaspoonful of salt and stir with a silver fork until the yolks are well broken and mixed; add the oil, drop by drop, at first, being careful to always stir in the same direction, adding a drop of vinegar when needed, that is, when the oil and eggs show globules of oil, or, to use the common expression, the emulsion looks oily. As the mixture becomes thick, the oil may be added faster, always stirring, not beating, and adding only acid enough to keep the dressing from separating. Two eggs will easily take a pint of oil. Season with salt and red pepper, and lemon juice, if desired or necessary. When finished, the dressing should be thick and smooth and a perfect mayonnaise should not be strongly acid, as that destroys the flavor of the oil.

### French Dressing

Use two-thirds oil to one-third vinegar. For every tablespoonful of vinegar and three of oil take one-half of a teaspoonful of salt and one-fourth of a teaspoonful of black or white pepper. Mix the salt and pepper with the oil and add the vinegar slowly, stirring all the while, until it becomes white and a little thickened. The dressing must be used or served at once or it will separate.

TO MARINATE is to cover with French dressing and allow to stand two or three hours. When ready to serve, the dressing not absorbed should be drained from the meat or vegetable marinated, and the salad mixed with the dressing to be used.

### Boiled Dressing

2 eggs	1 cupful of vinegar
1 teaspoonful of salt	$\frac{1}{4}$ teaspoonful of pepper
$\frac{1}{4}$ cupful of butter	$\frac{1}{2}$ teaspoonful of sugar.

Beat the eggs light without separating, add the vinegar, salt, pepper, sugar and butter melted. Mix well and put over hot water. Stir constantly until the dressing is thickened; cool and serve. If too thick, thin with cream or olive oil, if desired.

### Chicken Salad

Chop cold, cooked chicken meat into even-sized pieces, not too small. Select the tender stalks of celery, as the outer tough pieces will spoil the

salad. Wash, scrape and chop in small pieces. For every two cupfuls of chicken meat take one cupful of celery. Marinate the chicken and keep in a cool place until ready to serve. Mix with the celery. For every quart of salad take one cupful of thick mayonnaise dressing, mix gently with the salad, leaving sufficient to use as a garnish with lettuce leaves or celery tops. Serve as soon as possible after putting together.

### Lobster Salad

Cut the boiled lobster meat into as even pieces as possible. Marinate and put in a cool place until wanted. When ready to serve, mix with shredded lettuce leaves and mayonnaise dressing in the proportion of one-half cupful of dressing to every pint of salad. Serve on curly lettuce leaves, garnished with the dressing and the powdered coral of the lobster if desired. Fish salads of any description should be served at once after mixing.

### Lettuce Salad

Use only crisp, tender leaves; break them apart, as cutting toughens the leaves, and wash each leaf separately. Drain and keep in a cool place until ready to use. Green salads of this description are better when dressed on the table, for, if left standing covered with the dressing they quickly wither. Make the French dressing, to which may be added at will finely-chopped parsley, tarragon, chives or olives. Pour the dressing over the leaves, toss lightly together and serve. If a flavor of onion is desired, a few drops of onion extract added to the dressing is better than garlic or rubbing the dish with onion. Tarragon vinegar has a more delicate flavor than the leaves, and is usually desirable to use in either French or mayonnaise dressing. When lettuce is to be mixed with other things it should be shredded or pulled apart, not cut or chopped. Lettuce for salad may be mixed with water cress, celery or sorrel. Water cress, endive, corn and chicory salad are prepared in the same manner as the lettuce.

### Macedoine Salad

This is a mixed vegetable salad and while better if the vegetables are boiled especially for it, can be made of left-overs. Peas, string beans, cauliflower, beets, celery, asparagus tips, carrots, turnips and potatoes, all, or as many as are convenient and desired, may be used. The string beans and celery should be cut in small pieces; the cauliflower separated into



flowerettes; the beets, carrots, turnips and potatoes cut with a fancy vegetable cutter. Mix lightly, being careful not to break the vegetables. Cover with a French dressing, and serve on lettuce leaves.

### Cold Slaw

Select a firm cabbage and shred very fine. Mix with a boiled dressing while the latter is hot and put away to cool. Serve when cold. Or the cabbage may be shredded and mixed with French dressing. Cabbage and water-cress mixed make a very nice salad.

## SANDWICHES

The name of sandwich brings to mind so many horrors of the railroad restaurant that the use of them on the home table is by no means general. When well made and attractively served, however, they are not to be despised, and may often be the most acceptable part of a cold luncheon.

They may be made of white, whole wheat, Graham or brown bread with any kind of meat, fish, salad, eggs, some vegetables, jams or chopped nuts, and spread with butter or mayonnaise dressing. The meat used in sandwiches should be chopped fine, *not* cut in slices, first for convenience in eating and serving, and secondly because in this form only is it possible to properly season the sandwich. Fish should be flaked very fine with a fork, and mixed to a paste with the seasonings.

The bread should not be too fresh to cut well, nor will actually stale bread make good sandwiches. It is best when about a day old, should be of fine grain and be trimmed to good shape before the sandwiches are cut.

The crusts should not be left on, but removed, dried and put through the chopper for crumbs. The butter must be absolutely fresh and good, for in softening, that the bread may be properly spread, any foreign flavor or odor will be brought out. For meat, fish, salad and egg sandwiches the bread should be cut in squares, oblongs or triangles; for jam and nut sandwiches it is usually cut round.

### Meat Sandwiches

It is usually better to spread the bread with butter before cutting off each slice. This is not necessary when mayonnaise dressing is used.

Chop the meat fine, season to taste with salt, pepper, chopped parsley, mustard if desired, onion or celery extract, or any of the various seasonings. Moisten, if necessary, with stock or cream or mix with a small quantity of mayonnaise dressing. Spread the sandwiches, put together and serve.

The white meat of chicken or turkey, or veal, after being chopped, may be pounded to a paste and mixed with equal quantities of the yolks of hard-boiled eggs, mixed smooth with cream or melted butter. Season to taste.

### Deviled Ham Sandwiches

1 cupful of cold boiled ham	Yolks of 2 hard-boiled eggs
1 teaspoonful of lemon juice	$\frac{1}{4}$ teaspoonful of mustard
3 tablespoonsful of melted butter.	

Chop the ham fine. Rub the yolks of the eggs smooth with the butter, mix with the ham, mustard and lemon juice, and season to taste. Spread on thin slices of bread. Fold together or roll.

### Fish Sandwiches

Fresh fish should be flaked fine, seasoned with salt and pepper, chopped pickle, lemon juice, celery or onion extract, and mixed with mayonnaise dressing, or moistened with a sauce.

Anchovies, sardines or salt fish are better pounded to a paste and moistened with lemon juice.

### Egg Sandwiches

Chop the whites of the hard-boiled eggs very fine. Mix the yolks smooth with mayonnaise dressing, add the whites, and spread on the bread.

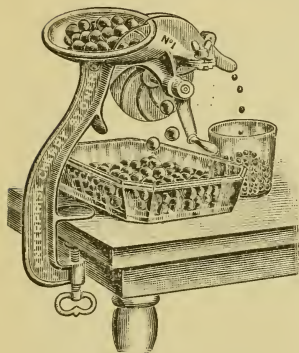
### Cheese Sandwiches

Grate the cheese fine. Rub it to a paste with melted butter, season with salt and pepper; and spread on the sandwiches.

### Sweet and Nut Sandwiches

These may be made with marmalades, jams or jellies, anything which will spread without running. Boston brown bread is generally used for nut sandwiches. Chop the nuts very fine or pound them to a paste, and spread on thin slices of bread. Lemon juice or extract flavorings may be used if desired.

# The Enterprise Cherry Stoner



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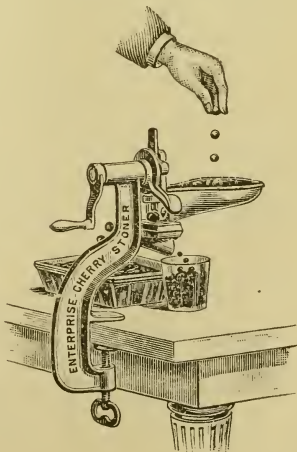
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## DESSERTS

## PASTRY

## Puff Paste

$\frac{1}{2}$ pound of butter	$\frac{1}{2}$ pound of flour
$\frac{1}{2}$ cupful of ice water	1 teaspoonful of salt
$\frac{1}{2}$ of the white of 1 egg	$\frac{1}{2}$ teaspoonful of sugar.

The flour should be weighed after sifting. Scald the bowl with hot soap-suds, rinse and then half fill with ice water. Bathe the hands in as hot soap-suds as possible, rinse in cold water, but do not dry. This is done to prevent the butter from sticking to either the bowl or the hands. Wash the butter thoroughly in the water in the bowl until you have washed out all the salt. This may be told by the elasticity of the butter. When you begin it will crumble, but gradually cling together more and more. When done, wrap the butter round a piece of ice and leave it in the water until you are ready to use it. Take a medium-sized platter, put about two-thirds of the flour on it, and make a well in the center of the flour, keeping the sides even and compact. In this well put a lump of the washed butter the size of an egg, the salt, sugar and the white of the egg. Pour on a little of the water and begin to work with the ends of the fingers *from* the center toward the edges, being careful not to break the sides of the well. Pour in the water gradually, not using the entire amount given if not necessary. This will depend greatly upon the kind of pastry flour used, the best taking the least water. When done it should be like soft bread dough. Knead first on the platter, then on the board until smooth and velvety; then put aside to get thoroughly cold. Divide it into two equal portions and roll them out to the same size and shape; flour one thickly with some of the remaining flour, dry the butter on a piece of cheese cloth, break it in pieces and put it on the floured paste. Sprinkle flour on the butter, place the other side of the paste on top and gently pat with the roller to flatten down into shape. Now, the paste can be rolled only from you, never sidewise. This point should be carefully remembered, and no more flour should be used than you have weighed. Roll it out as thin as possible without the butter coming through; then fold. First fold in the edges, then the ends, and turn the paste so that the fold runs to and from you; roll and fold again, and put away to cool. Do this eight times, putting it away to cool whenever the paste is soft or the butter seems to be coming through. Stand it away over night and it is ready for use.

## Plain Paste

1 $\frac{1}{2}$ cupfuls of flour	$\frac{1}{4}$ cupful of butter
$\frac{1}{4}$ cupful of cottolene	$\frac{1}{4}$ cupful of water
1 teaspoonful of salt.	

Add the salt to the flour and sift. Have everything as cold as possible. Cut the butter and the cottolene into the flour with a knife, trying not to chop it too fine. When the shortening is well mixed with the flour begin to add the water gradually, mixing the paste with a knife. Do not let it become too moist, as it should be turned out on the board to roll when it is scarcely sticking together. Turn out on the board, and roll lightly, rolling and folding as directed for the puff paste, until it is in shape to form or roll in a sheet. The paste may be used at once, but will be more flaky if left until very cold before using for a pie. When ready to use, roll as thin as possible, and when put on the tin lift lightly to allow the air to escape from underneath. Cut the edges with a *sharp* knife, pointed away from the plate to allow for shrinkage. If the knife be dull, the cutting will fasten the edges together and the paste will not be so light. The quantities given above are the old-fashioned amounts of one-third shortening to two-thirds flour, and moisture enough to make the paste. The mixing may be done without the rolling and folding.

## Pineapple Pie

1 cupful of powdered sugar	2 eggs
$\frac{1}{2}$ cupful of butter	1 small pineapple.

Grate the pineapple. Beat the butter and sugar together until creamy, add the beaten yolks of the eggs and the pineapple. When well mixed, add the whites of the eggs beaten to a stiff, dry froth, mix lightly and turn into the pie plate. Bake with an under crust only.

## Cocoanut Pie

2 cupfuls of milk	2 eggs
4 tablespoonfuls of sugar	2 tablespoonfuls of corn starch
$\frac{1}{4}$ cupful of cream	$\frac{1}{2}$ of a cocoanut
$\frac{1}{2}$ teaspoonful of vanilla.	

Grate the cocoanut. Scald the milk; beat the yolks of the eggs light with the sugar, add the corn starch and mix with the scalded milk. Cook and stir until it thickens, take from the fire, add the cream and the cocoanut and put away until cool. Beat the whites of the eggs to a stiff, dry

froth, add to the custard with the vanilla. Bake the bottom crust, brush it over with the white of egg, put in the custard and brown in a quick oven. Let the pie cool before serving.

### Raisin Pie

1 lemon	1 egg
1 cupful of sugar	1 tablespoonful of flour
½ cupful of raisins.	

Select large, soft raisins, and seed. Cover with one cupful of cold water and soak two hours. Beat the egg until light with the sugar, add the juice and grated rind of the lemon and mix with the flour. Add the raisins and water in which they have been soaking, and cook until the mixture thickens. Bake in two crusts.

### Cherry Pie

1 quart of cherries	1 ½ cupfuls of sugar
1 tablespoonful of flour.	

Stone the cherries, saving all the juice. Add the sugar and the flour and stir until well mixed. Fill the pie plate, lined with pastry, cover with the upper crust and bake. When canned cherries are used, take only half the juice to the same amount of cherries, sugar and flour.

### MINCE-MEAT

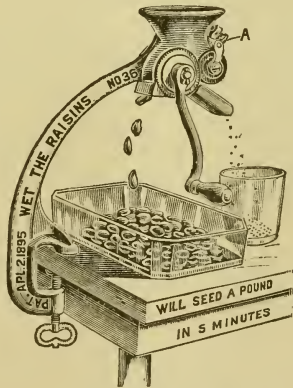
2 pounds of lean beef	1 pound of suet
1 quart of apples, measured after chopping	
3 cupfuls of raisins	1 cupful of currants
½ pound of citron	¼ cupful of candied fruit
¼ cupful of candied orange peel	¼ cupful of candied lemon peel
½ cupful of molasses	1 cupful of sugar
Grated rind and juice of 1 lemon	Grated rind and juice of 1 orange
2 teaspoonfuls of salt	1 teaspoonful of cinnamon
½ teaspoonful of cloves	½ teaspoonful of allspice
½ cupful of brandy	½ cupful of sherry
1 cupful of cider.	

Chop the beef and suet very fine, and mix. Add the chopped apples. Seed the raisins, chop the candied fruit, candied lemon and orange peel, and slice the citron. Add to the meat and suet with the currants, spices and salt. Mix and add the sugar, molasses, lemon and orange juice; when well mixed add the brandy, sherry and cider. It should stand several days before using to ripen or blend, and should keep

all winter. Two cupfuls of hard cider may be used in place of the brandy and sherry, and the quantities of beef, suet and apples may be doubled to the amount of fruit given if desired. If this is done, be careful to add sufficient moistening, and remember that the liquor is added to keep the mince-meat, not especially for flavoring, as the quantity is so small that this is disseminated in cooking.

# The Enterprise Raisin and Grape Seeder

Removes every seed without waste.  
A child can operate it.



Seeding raisins a pleasure since the introduction of this marvellous little device.

— TINNED —

- |  |        |
|--|--------|
| No. 36—Size for families,<br>Will seed a pound in five minutes           | \$1.00 |
| No. 38—Size for bakers, hotels, etc.,<br>Will seed a pound in one minute | \$2.50 |

Directions sent with each machine

After fastening the Seeder to the table, set the rubber roller moderately tight against the toothed cylinder by means of the thumb screw (marked A). Be careful to see that the roller turns freely on its shaft.

*Wet* the raisins and feed into the hopper, turning the crank at the same time. Remember the *hopper must not be filled*, but the raisins sprinkled in only so fast as the roller will grasp them, which means only two or three at a time.

If too much pulp comes with the seeds the rubber roller is not tight enough against the cylinder.

The surface of the roller should be kept clean and free from sugar, in order that the seeds may be extracted without wasting the pulp of the raisin.

When the crank sticks or "turns hard" while in use, wash the machine by loosening the thumb screw and holding the Seeder under a stream of hot water. It is an accumulation of sugar from the raisins which causes this sticking and the hot water dissolves and washes it away.

After using, clean in the same manner; loosen the thumb screw and hold the machine under a stream of hot water and turn the crank backward and forward. Wipe and *dry thoroughly* before putting away. Too much emphasis cannot be laid upon this point with all household utensils and machinery. After using and cleaning, utensils *must* be thoroughly dried.

If, after not having used the Seeder for a few days, the crank turns hard or will not turn at all, wash as above, as the trouble is caused by the sugar from the raisins sticking to the working parts.

## PUDDINGS

### English Plum Pudding

1 pound of flour	1 pound of raisins
1 pound of currants	1 pound suet, chopped very fine
1 pound sugar	1 teaspoonful of baking powder
$\frac{1}{4}$ pound candied lemon peel, chopped fine	
1 nutmeg ; little cinnamon	

Sift the flour, baking powder and salt, then add all together. Then mix well with your hands, dry. When mixed, take large spoon and mix with cold water or milk just thick enough to spoon into the mold. Leave enough room for it to raise. Put it in boiling water, and do not let it stop boiling. Time, four to six hours.



### Suet Pudding

1 cupful of beef suet	1 cupful of raisins
1 cupful of sugar	1½ cupfuls of milk
3 cupfuls of flour	1 teaspoonful of salt
½ teaspoonful of cinnamon	¼ teaspoonful of cloves
¼ teaspoonful of soda.	

Chop the suet fine and seed the raisins. Add the salt, sugar and milk to the suet, mix well, adding the flour gradually. Mix in the spices, beat until light and smooth. Just before turning into the mold, add the soda dissolved in a little warm water, turn into a greased mold and steam three hours.

### Cocoanut Pudding

2 cupfuls of cracker crumbs	3 eggs
1 cupful grated cocoanut	1 quart of milk
½ teaspoonful of vanilla	½ teaspoonful of salt
1 cupful of sugar.	

Beat the eggs light with the sugar. Scald the milk, add the eggs and sugar, and mix with the cocoanut and crumbs. Stir until smooth, add the salt and vanilla, put in a greased pudding dish and bake for three-quarters of an hour in a moderate oven.

### Fig Pudding

1 cupful of suet	2 cupfuls of bread crumbs
1 pound of figs	1 cupful of sugar
3 eggs	2 cupfuls of milk.

Wash, pick over the figs and chop. Chop the suet. Beat the eggs light without separating. Mix all the ingredients thoroughly, turn into a well-greased mold, cover and boil three hours. Serve hot.

### Cherry Pudding

1 tablespoonful of butter	½ cupful of sugar
2 cupfuls of sour milk	1 quart of cherries
1 egg	½ teaspoonful of soda
2 cupfuls of flour, or enough to make batter as thick as for cake.	

Stone the cherries. Beat the egg light without separating, add the sugar gradually, and when light, the butter melted. Dissolve the soda in a little warm water, add to the sour milk, and add this to the batter alternately with the flour. Beat until light and smooth, add the cherries, and bake for three-quarters of an hour.

### Rice Pudding

There is no more delicious rice pudding than that termed, "Poor Man's Rice Pudding," and perhaps none more difficult to make. It must be baked long enough to be creamy and be taken from the oven before it has become watery.

1 quart of milk	2 tablespoonfuls of rice
1 tablespoonful of butter	$\frac{1}{2}$ cupful of raisins

Sweeten to taste, and add a delicate flavoring of cinnamon or nutmeg. Seed the raisins. Mix all the ingredients and bake from an hour to an hour and a half, stirring frequently. Do not let the pudding brown until it has thickened sufficiently. Cool before serving.

### COLD DESSERTS

#### Bavarian Creams

When and where it is possible to obtain cream there are no more easily made desserts than the many coming under this head. They are wholesome and appetizing, and their variations may be as many as there are fruits and flavorings to be used. In their simplest form the proportions always remain as given below :

$\frac{1}{2}$ box of gelatine	$\frac{1}{2}$ cupful of cold water
1 pint of cream	$\frac{1}{2}$ cupful of powdered sugar
1 teaspoonful of vanilla	A pinch of salt.

Cover the gelatine with water and let stand for one-half hour; dissolve *over* hot water. Whip the cream to a stiff froth, turn into a chilled basin, add the sugar, salt, vanilla, and gelatine. Stir gently, lifting from the bottom toward the top until the cream begins to form or solidify. When in lifting a spoonful it keeps its shape, it is ready to turn into the mold.

Wet the mold with cold water, turn in the cream, and put away in a cold place to harden. In putting creams, jellies, etc., near the ice to harden, remember the coldest place is directly under the ice, not above or on it.

With creams, the moisture from the melted ice is apt to sweat the mold and the cream will not turn out as well. A properly made Bavarian cream should be sufficiently solidified to use within a half hour after making, although it is better to let it stand longer and become thoroughly chilled. When fruit juices are used it takes a longer time, and much longer for jellies where there is water to solidify.

CHOCOLATE BAVARIAN CREAM.—To the above recipe add one and one-half ounces of chocolate or cocoa, melted over hot water and dissolved in a little milk ; add this to the mixture before the gelatine is added.

COFFEE BAVARIAN CREAM.—To the above recipe add one-fourth of a cupful of very clear, strong coffee, and one and one-half cupfuls of pulverized sugar in the place of the quantity given.

### Fruit Bavarian Cream

Put the fruit, whether canned or fresh, through the fruit press, as this separates the juice and seeds without straining. In using canned or preserved fruits, be careful as to the proportion of sugar, for if the fruit be rich enough no additional sweetness will be required.

2 cupfuls of fruit juice	½ box of gelatine
½ cupful of cold water	1 pint of cream
1 tablespoonful of sherry, or	
1 teaspoonful of lemon juice mixed with one tablespoonful of orange juice	
Sweeten to taste.	

Cover the gelatine with cold water and let it soak for a half-hour; dissolve over hot water. Add the gelatine, sugar and flavoring to the fruit juice, and stir until it begins to thicken. Add the cream, whipped to a stiff froth, and mix thoroughly, but without beating. Turn into a mold previously wet with cold water, and put away to harden before serving.

If the fruit juice be added to the cream before it has begun to thicken it is almost impossible to keep it from settling. Strawberries, raspberries, pineapple, peaches, apricots and oranges are the fruits generally used.

To the plain Bavarian cream may be added candied fruits cut in pieces, various cordials, liquors, wines and fruit syrups to vary the kind and flavorings.

### Italian Creams

½ box of gelatine	½ cupful of cold water
1 pint of milk	½ cupful of sugar
3 eggs.	

Cover the gelatine with cold water and let soak for half an hour ; dissolve over hot water. Scald the milk. Beat the yolks of the eggs with the sugar and add to the milk. Stir until the custard thickens. Add the gelatine, take from the fire, and as soon as it begins to form, stir in the whites of the eggs beaten to a stiff, dry froth. Stir until thoroughly mixed and turn into a mold, previously wet with cold water, to solidify.

This recipe may be varied in exactly the same manner as the Bavarian creams.

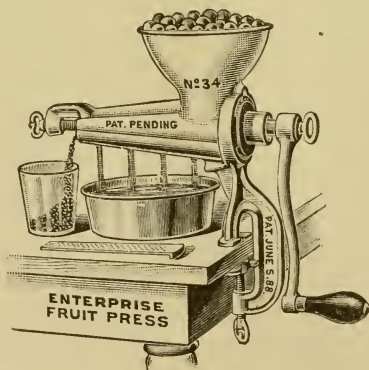
For CHOCOLATE ITALIAN CREAM, add one ounce of chocolate or cocoa melted over hot water.

For COFFEE ITALIAN CREAM, add one-fourth of a cupful of clear coffee. Sweeten to taste.

For FRUIT ITALIAN CREAM, one and one-half cupfuls of fruit juice may be added.

## The Enterprise Fruit, Wine and Jelly Press

☞ TINNED ☞



No. 34, \$3.00

The illustration represents the Combination Fruit Press in operation. Its principle is very simple, it is easily operated and saves rehandling, as it extracts the juice and ejects the skins and seeds in one operation.

It may be used for many purposes, such as making wines, jellies and fruit butters from grapes, strawberries, raspberries, blackberries, gooseberries, currants, quinces, pineapples, etc.

The dryness of pulp or refuse may be regulated by means of the thumb screw at the outlet.

When ready to use, loosen the brass adjusting screw (marked A), at the end of the cylinder, so that the opening is free. Begin to press the fruit by turning the crank and as the pulp reaches this opening, slowly turn or adjust the screw until the pulp is of the dryness desired.

When using grapes or currants it is not necessary to stem them, and for the grapes it is advisable not to do so.

After using the press, wash with clear hot water and a brush, *wipe and dry thoroughly*.

## JELLIES

An almost endless variety of attractive desserts may be made with various flavors, colors and combinations of jellies. Certain points in the making being always observed, recipes may be varied at will with pleasing and artistic results.

Jellies should be clear, brilliant and made with sufficient gelatine to keep their form only. No matter how well flavored, if a jelly be solid and stiff it is not good. Gelatine should always soak in cold water away from the heat, the proportion of water being easily remembered, as it is the same as the gelatine. To one-fourth of a box take one-fourth of a cup; to one-half of a box, one-half of a cup, and to one box, one cup. Let it soak fully one-half of an hour, and with large quantities one hour. In summer more gelatine will be required to solidify a given amount of liquid than in winter, and some fruit juices take more than others. Experience is the best recipe for perfect jellies.

### Lemon Jelly

$\frac{1}{2}$ box of gelatine	$\frac{1}{2}$ cup of cold water
2 cupfuls of boiling water	1 cupful of sugar
$\frac{1}{2}$ cupful of lemon juice	1 tablespoonful of sherry
$\frac{1}{4}$ of a cupful of orange juice.	

Cover the gelatine with cold water and let it stand for half an hour. Pour over it the boiling water, add the sugar and stir until the gelatine and

sugar are dissolved. Add the lemon and orange juice and the wine; strain through a cloth, or filter paper if necessary. Turn into a mold previously wet with cold water and put away to harden.

In making gelatine jellies a blending of flavors is usually more acceptable than to use a single one. A wine jelly should have orange and lemon juice in its composition, the flavor of the wine predominating. In orange jelly, the orange flavor should be strongest, and so on.

Strawberry, raspberry, sherry, pineapple and quince jelly all can be made from the above recipe, modifying the amount of ingredients accordingly. Cherries and pineapple will take more gelatine and no lemon juice, or the jelly will be too acid. Strawberries need a teaspoonful of lemon juice only, while raspberries and quinces require two. Blend the flavors and sweeten to taste, using the proportions of liquid and gelatine given for lemon jelly.

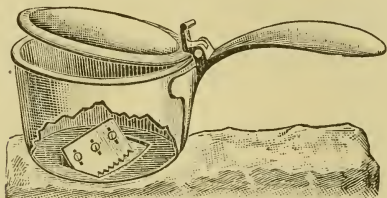
### Coffee Jelly

$\frac{1}{2}$ box of gelatine	$\frac{1}{2}$ cupful of cold water
2 cupfuls of boiling water	1 cupful of sugar
$\frac{3}{4}$ cupful of clear, strong coffee.	

Cover the gelatine with the cold water and let it stand for half an hour; dissolve in the hot water; add the sugar and coffee. Stir until the sugar is dissolved, and strain. Turn into a mold previously wet with cold water, and when solidified serve with whipped cream.

# The Enterprise Ice Shredder

For  
Shaving Ice  
Coarse  
or Fine



- No. 33—Tinned . . . 60 cents  
No. 34—Nickel Plated, . . . \$1.25

**O**UR ICE SHREDDER is operated by simply drawing the blade over a piece of ice, the pressure applied producing fine or coarse pieces, as desired. No necessity for taking the ice out of the refrigerator, as the cup can be filled from the side, end or top of a cake of ice without disturbing anything or wetting the hands. Its use will be appreciated for Fruits, Drinks, Oysters and Clams on half-shell, Olives, Celery, Radishes, Iced Tea, Sliced Tomatoes, etc., and many purposes in the sick-room.

## FROZEN DESSERTS

### ICE CREAMS

#### Philadelphia Ice Cream

- 1 quart of cream . . . 1 cupful of granulated sugar  
2 teaspoonfuls of vanilla.

Scald half the cream, add the sugar, and cook, stirring continually for ten minutes. Before taking from the fire the cream should look thin and blue. Take from the fire, add the remainder of the cream, and cool. When ready to freeze add the vanilla.

All Philadelphia creams are begun in precisely this manner, the fruit

or fruit flavoring being added to the cream after it is partly or wholly frozen. Fruit juices extracted by means of a press are better to use than the crushed fruits, as the latter often form little frozen balls in the cream instead of blending properly. When the juices only are added, it should be done when the cream begins to thicken in the Freezer. When crushed or candied fruits are used they should be beaten in with a wooden spoon as soon as the freezing is finished.

### Neapolitan Cream

1 quart of milk	2 eggs
2 cupfuls of sugar	1 tablespoonful of corn-starch
1 pint of cream	1 tablespoonful of vanilla.

Scald the milk. Beat the eggs light without separating, add the sugar and beat until creamy. Mix with the corn-starch, turn into the scalded milk and cook until it is thick. The custard should not only be thick and smooth, but the corn-starch must be thoroughly cooked to avoid the raw, unpleasant taste so often found in custard creams. Take from the fire and cool; when ready to freeze, add the cream, whipped, and the flavoring. Freeze and pack.

### Fruit Ice Cream

Put the berries through the Press and use in the proportion of one cupful of juice to every quart of cream or custard. Sweeten to taste. Either canned or fresh fruit may be used, such as peaches, strawberries, raspberries, pineapples, apricots, etc.

All fruit creams or any frozen mixture in which a variety of flavors are used must stand to ripen and blend before serving. From two to four hours is the usual time required.

Macaroon, almond, walnut, cocoanut or brown bread ice creams are made with the proportions of two cups of any of the above to one quart of cream.

The macaroons and brown bread should be stale and pulverized by putting through the Meat Chopper. The nuts may be chopped in the same manner.

### Water Ices and Sherbets

These are made with fruit juices, sugar and water, sherbets having more body than ices.



### Strawberry Water Ice

1 quart of water  
 1 ½ cupfuls of strawberry juice.

2 cupfuls of sugar

Put the sugar and water in a saucepan over the fire and stir until the sugar is dissolved. Boil, without stirring, for ten minutes; add the fruit juice; take from the fire, strain and cool. Freeze when cold.

Any fruit ice may be made in the same manner and with the same proportions. With the use of the Fruit Press to extract the juice, all fruit ices become easy to make, and cherry ice, which is most delicious, becomes a possibility.

### Pineapple Sherbet

2 cupfuls of water  
 1 tablespoonful of gelatine  
 1 pint of fresh, grated pineapple put through the Press.

2 cupfuls of sugar

Cover the gelatine with one tablespoonful of cold water and let it stand for one-half hour; dissolve over hot water. Boil the sugar and water together for ten minutes, add the fruit juice and gelatine, and strain. Cool and freeze

The proportion of water to fruit juice is smaller in sherbets than in water ices, and the addition of the gelatine gives a light and smooth consistency not desired in an ice. Any fruit juice may be used in making a sherbet with the above proportions; strawberry, raspberry, pineapple and orange juices being those most generally preferred. The addition of liquors, such as curaçoa, maraschino, etc., give special flavors.

### Pineapple Soufflé

1 cupful of sugar  
 1 cupful of water

2 eggs  
 1 pint of pineapple juice.

Beat the eggs with the sugar until very light, add the water and stir over the fire in a farina boiler until it forms a custard. Take from the fire and beat until it cools, adding the pineapple juice gradually. Turn into a Freezer and freeze. Pack and let stand two hours or more before serving.

## FREEZING

### Freezing Cream

In the first place get a good Freezer. The proportion of salt and ice should be two-thirds ice to one-third salt, a four-quart Freezer requiring about ten pounds of ice and two pounds of salt for freezing. The ice should be chopped or shaved fine and the salt should be the coarse rock salt. Mix the salt and ice and pack the Freezer. Do not turn in the cream until the Freezer is packed, for if put in the can and then packed it begins to freeze at the bottom before the top is chilled, making it harder to freeze and less apt to be smooth. As soon as the mixture is turned into the can, begin to turn the crank *slowly*. As it begins to thicken, turn more rapidly, but always steadily. The graining of ice-cream often comes from the crank being turned too rapidly at first or interruptions occurring in the freezing. Take pains to see that it is frozen slowly but steadily. When thick, beat hard for two minutes. Take off the crossbar, remove the lid and dasher, pack the ice cream, replace the lid, closing the hole with a cork. Draw the water from the pail and repack with salt and ice. The ice for packing should be coarsely chopped, and one-half less salt should be used than for freezing.

### Freezing Sherbets and Water Ices

Follow the directions for freezing cream with sherbets, except that it is not necessary to turn the crank until the sherbet *begins* to freeze. Then turn steadily until it is frozen; beat and pack as directed above.

WATER ICES after being turned into the Freezer may be left without turning until they begin to freeze—there is no use in turning water—then turn the crank every five or six minutes for one minute. When sufficiently frozen, pack and leave standing to ripen. When liquors of any kind are added to the water ices or sherbets it must be remembered that they do not freeze, so the ice will be much more liquid than when fruit juice alone is used.

## BEVERAGES

In their natural order these may be divided into Syrups, Cordials Shrubs and Wines. A simple syrup is the basis of many things beside cordials, and consists simply of equal quantities of sugar and water boiled to a syrup. Put the sugar over the fire in cold water, for if the sugar be stirred after the water boils it will grain. When put in cold water it may be stirred until the sugar dissolves before the water has reached the boiling point. When making to use as a drink, the syrup must be cleared. After it has come to a boil, for every three pounds of sugar used take the beaten white of one egg, mix with one-half cupful of cold water and add to the sugar and water. Let it come to a boil, put on the back part of the stove until the scum has risen, remove this carefully and boil about ten minutes or until a syrup is formed.

### SYRUPS

#### Strawberry Syrup

2 cupfuls of granulated sugar      2 cupfuls of cold water  
2 cupfuls of strawberry juice.

Put the strawberries through the Press and strain the juice. Boil the sugar and water as directed, add the strawberry juice, simmer for twenty minutes, or until a thick syrup is formed. Seal when hot. Serve with shaved ice, thinning with cold water to taste.

Raspberry, cherry, pineapple and blackberry syrup may be made in the same manner.

### CORDIALS

These are syrups made of fruit juices, spiced and brandied.

To one quart of fruit juice extracted by the fruit press take

2 teaspoonfuls of ground cloves      4 teaspoonfuls of ground cinnamon  
1 teaspoonful of mace                  1 teaspoonful of allspice  
1 quart of syrup, made as directed.

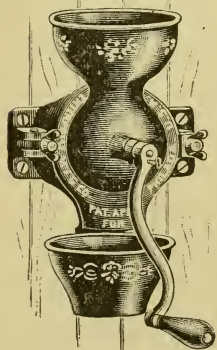
Add the fruit juice and spices to the syrup, and boil as directed in the recipe for raspberry syrup. When clear and of the proper consistency, take from the fire and cool. When cool, add one pint of brandy for every quart of fruit juice used; strain through a muslin bag, bottle and cork.

Blackberries make one of the best of cordials.



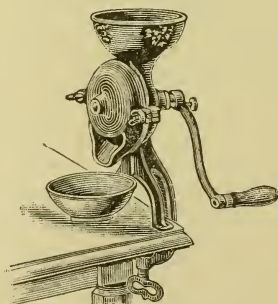
take one quart of water and three pounds of sugar. Mix and let ferment seven days, skimming each day. Put in a cask; leave open twenty-four hours. Bottle and seal after five months.

## Enterprise Spice Mills



No. 00, \$1.25

Weight . . . 6 lbs.  
Height . . . 9 inches



No. 0, \$1.50

Weight . . . 6 lbs.  
Height . . . 11½ inches

No. 00 is a Side Mill, and is intended to be screwed to the wall, dresser or any other convenient place in the kitchen.

No. 0 can be clamped to a table or bench.

The saving housekeeper will use a Spice Mill for many reasons. Whole spices are not often found adulterated; when ground spices are purchased, one takes her chances. Ground spices lose their strength, just as coffee does. Nos. 0 and 00 are the proper sizes to select for the home, and the fine or coarse grinding may be regulated as in the Coffee Mill—by means of the thumb-screw.

## RELISHES

### Citron Preserve

3 pounds of citron  
2 lemons

3 pounds of sugar  
 $\frac{1}{8}$  pound of ginger root.

Pare and slice the citron. Extract the juice from the lemons and cut them in slices. Bruise the ginger root slightly, tie it in a muslin cloth and cover with three pints of water. Add the slices of lemon and boil until the water is highly flavored; strain, saving all the water. Add to this the sugar and juice of the lemons, stir until the sugar is dissolved, boil and skim until clear. Add the citron and boil until the slices are transparent, but not too soft to keep their shape. Put them carefully in glass jars, pour the syrup over them, and seal while hot.

### Grape Catsup

5 pounds of ripe grapes  
 $2\frac{1}{2}$  pounds of brown sugar  
1 tablespoonful of pepper  
1 tablespoonful each of whole cloves, cinnamon and allspice,

2 cupfuls of vinegar  
2 teaspoonfuls of salt  
2 blades of mace

Put the grapes through the Press, add the sugar, vinegar, salt and spices. Boil until thick as ordinary catsup, remove the whole spices, and bottle while hot.

### Apple Butter

Pare and core the apples, cut in pieces and put through the press. To every pint of apple pulp take one quart of new sweet cider. Cider not more than two days old will make the best apple butter, used with tart apples. Boil the cider down one-half; then measure, using in the proportion given above. Add the apple pulp and cook very slowly, stirring often. When it begins to thicken, sweeten to taste with brown sugar. Stir until the sugar is entirely dissolved; cook until the butter is the desired consistency—that of soft jam; pack in jars or tumblers while hot, and keep in a cool place.

If preferred spiced, allow the following quantities: To every five quarts of apple pulp, one teaspoonful each of ground cloves, allspice and cinnamon.

### Peach Butter

To every pound of peaches, weighed after peeling and stoning, allow one-half pound of sugar. Pare and stone the peaches, which should be very ripe and mellow; cut in pieces and put through the press. Put over the fire in a porcelain kettle; let the pulp heat slowly and cook, stirring occasionally, until it is of the consistency of marmalade. Add the sugar, stir until it is dissolved, and cook rapidly for fifteen minutes. Place the kettle on the back part of the stove, where the butter will not become cooled until it is quite solid. Pack in jars or tumblers while hot.

### Currant Jelly

To make good jelly, currants must be picked when they are just ripe and just right. Wash the currants in clear cold water, removing leaves, twigs, etc., but do not stem. To ten pounds of currants take one pint of water, and put over the fire in a preserve kettle. Stir until they are heated through, breaking the skins and partially mashing them. Take from the fire, put through the press without stemming and strain the expressed juice through a jelly bag. For every pint of juice take a pound of the best granulated sugar; add to the cold juice and put over the fire. Stir only until the sugar dissolves, for if stirred after it begins to boil it toughens the jelly. Boil twenty minutes, skimming carefully when necessary. Stand the tumblers on cloths wet in cold water, fill to the brim with the hot jelly, and let them stand from thirty-six to forty-eight hours before covering.

### Quince Jelly

Wipe the fruit and remove the stems. Cut out any unsound parts and cut the fruit in pieces. It is not necessary to core or peel when the Fruit Press is used, as this expels the coarse portion at the same time it extracts the juice. Both the seeds and skin contain a large amount of gelatinous matter which aids in making the jelly. Strain the juice, measure, and to every pint take a pound of the best granulated sugar. Boil the juice twenty minutes, skimming when necessary. Add the sugar, stir until it is dissolved, and boil until the juice jellies.

### Crab Apple Jelly

Follow the recipe for Quince Jelly.

### Grape Jelly

Select the fruit when not fully ripe. Wash, drain and put in the preserving kettle without any water. Proceed and finish as directed for Currant Jelly.

Blackberries and huckleberries make delicious meat jellies, following the directions given for Grape Jelly.

### CHOPPED PICKLES

$\frac{1}{2}$ peck of green tomatoes	$\frac{1}{2}$ peck of small onions
1 cupful of salt	3 quarts of vinegar
2 pounds of sugar	$\frac{1}{2}$ pound of white mustard
2 tablespoonfuls each of allspice, cloves, cinnamon, ginger and celery seed	
$\frac{1}{2}$ teaspoonful of red pepper.	

Slice and chop the onions and tomatoes, cover with the salt and let them stand over night. In the morning drain thoroughly, put in a saucepan, cover with one quart of the vinegar and boil fifteen minutes. Drain and put the sugar, mustard, pepper and spices in the remaining two quarts of vinegar over the fire. As soon as the vinegar boils add the chopped tomatoes and onions, and boil ten minutes. Take from the fire and put in glass jars while hot. The quantities given above will make six quarts.

### CHILI SAUCE

8 quarts of ripe tomatoes	1 $\frac{1}{2}$ quarts of vinegar
1 pound of brown sugar	1 quart of small onions
1 cupful of salt	$\frac{1}{4}$ cupful of horse radish
1 ounce of cloves	1 ounce of celery seed
1 ounce of cinnamon	1 ounce of allspice
1 teaspoonful of ground mustard	1 teaspoonful of black pepper
1 red pepper.	

The tomatoes should be measured after being peeled and chopped. Put them in a saucepan over the fire and simmer one hour. Chop the onions, grate the horse radish and grind the spices. Mix all the ingredients given with the tomatoes, simmer for one hour and seal while hot in large-necked bottles.



## SUPPER

The majority of daily menus which appear seem designed for breakfast, luncheon and dinner, to the utter neglect of the old-fashioned supper. Yet there are many homes where the evening dinner is undesirable or unknown, and for these are given the following suggestions: Most of the recipes given in the menus will be found under the dishes for luncheon, for the two meals are practically interchangeable. Except in the heat of summer, a hot dish should always be served for supper, as at the close of the day of work, with a long night's fast before one, a cold meal does not offer sufficient nourishment.

Soups are rarely served, the only exceptions being oyster stew, clam broth or chowder, etc. Shell fish served raw, or cooked in any form, make most acceptable supper dishes in their season. Small fish are served broiled or fried, but larger ones are only used in made-over dishes, such as scallops, farcies, cutlets, etc. Broiled steaks or chops are occasionally acceptable when a very hearty supper is required, but made-over meat dishes, hamburg steaks, cannelons, etc., are usually better and in many ways nicer. Potatoes, rice, hominy and tomatoes in special forms, such as croquettes, scallops, or with the last named broiled, may be used; other vegetables rarely, if ever.

Eggs, salads and sandwiches in any form; hot breads, griddle cakes and waffles, all these belong to supper even if "digestion *doth not* wait on appetite," in the case of some of the aforementioned. Gelatine jellies, canned, preserved and fresh fruits have a special place.

Different parts of the country have what might be termed localisms in suppers such as the New England supper of baked beans and brown bread; the Rhode Island johnny cake, the southern hoe cakes, etc. Each section of the country has its own methods and markets; each family its special requirements, and no writer or teacher can make bills of fare from which there will be no deviating; they can only "lend a hand."

### MENUS FOR SUPPER

#### Spring

Creamed Salmon	Olives
Parker House	Rolls
Baked Apples	Cake
Chocolate	

Stuffed Eggs      Creamed Potatoes  
                          Finger Rolls  
 Strawberries      Sponge Drop Cakes

Shrimp Salad      Saratoga Potatoes  
 Brown Bread and Butter Sandwiches      Coffee  
                          Lemon Jelly      Wafers

### Summer

Chicken a la Terrapin      Julienne Potatoes  
 Tea Biscuit      Raspberry Shrub  
 Coffee Bavarian Cream  
                          Cake

Steamed Clams, Butter Sauce  
 Veal Loaf      Spiced Currants  
                          Cake      Iced Tea  
                          Orange Sherbet

Strawberry Shortcake  
 Cookies      Iced Cocoa

### Autumn

Corn Fritters  
 Potato Salad      Rolls  
                          Coffee

Panned Oysters  
 Boston Baked Beans      Brown Bread  
 Citron Preserves      Cake

Broiled Tomatoes      Potato Croquettes  
                          Peach Shortcake  
                          Chocolate

### Winter

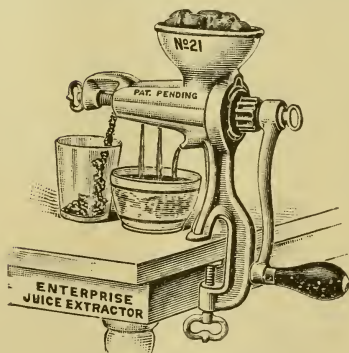
Baked Hash      Chili Sauce  
                          Waffles  
                          Coffee

Lobster Cutlets, Cream Sauce  
 Potato Puff      Stuffed Olives  
 Rhode Island Johnny Cake  
                          Chocolate

Boudins, Mushroom Sauce  
 Brown Bread and Butter      Coffee  
                          Preserves      Cake

# The Enterprise Meat Juice Extractor

—TINNED—



No. 21, \$2.50

## Directions sent with each machine

There is no one thing which, in cases of protracted illness or in imperfect nutrition, has to be served more often than beef juice. Beef juice is not beef tea, for the latter is weakened by the admixture of water, while the former is the pure and simple juice of the beef—nourishment in one of its most concentrated forms. In many homes, when sickness comes, much material and time are wasted by the primitive methods of extracting the beef juice needed. In such cases the possession of a Meat Juice Extractor is an economy, even could it be used for the meat alone. It can be used however, in extracting fruit juices in small quantities, sufficient for invalid and convalescent dishes.

### Beef Juice

Take a thick ( $1\frac{1}{2}$  inches) cut of steak from the round and free it from all fat and membrane. Broil it over hot coals from six to eight minutes, long enough to heat it through and start the juices. Cut it in strips and pass it through the Meat Juice Extractor. Season the extracted juice with salt and serve at once. If required re-warmed at any time, heat in the farina boiler, allowing the water in the outer kettle to simmer only, as the beef juice is spoiled for the invalid if the albumen be coagulated.

The dryness of the pulp is regulated by the thumb-screw (seen at the left end or outlet of the cylinder in the cut). The yield of juice should be about six ounces from one pound of round steak.

When the juice has been extracted, take the machine apart, wash with a brush in clear, hot water, wipe and *thoroughly dry* over the range. Too much care cannot be exercised in the preparation of infants' and invalids' food, and this must begin and end with the care of the utensils employed in their preparation.

### Fruit Juices for Luncheon or the Invalid

During the summer season, when to eat at all in the middle of the day seems a burden, nothing is more refreshing for a first course for lunch than iced fruit juices. By means of the Fruit Press the juices may be extracted easily and quickly and often will not need straining. The juices may be slightly thickened with arrow root or served sweetened and iced alone. If thickened, for every quart of juice take two teaspoonfuls of arrow root, moisten the arrow root in a little cold water, and add to the fruit juice as soon as the latter is heated. Cook until clear, add sugar to taste—one-half cupful is the usual amount, except in the case of very acid fruits, and as soon as the sugar dissolves strain into a bowl. Thoroughly chill; serve in sherbet glasses or bouillon cups with shaved ice.

## THE CARE OF UTENSILS

Nothing more quickly defines the cook than the care taken of his or her utensils, for a good workman loves and cares for his tools. There are keepers of stables who abuse their horses, and there are people who even abuse their own children, as well as cooks who abuse the tools provided for them that their labors may be more easily performed.

This, however, is a poor argument against a well outfitted kitchen, for the inappreciative cook is usually the unskilled one, and the one who leaves a meat chopper uncleaned will generally do the same with a tin pan.

Such utensils as turn with cranks and have oil in their gearings should not be *left* in water, as the oil is thus washed out and the utensil quickly spoiled. Clean well with clear, hot water and a brush immediately after using and *dry thoroughly* before putting away.

Tins should be well dried before putting them away, or they will rust.

Do not put pans and kettles partly filled with water on the stove to soak, as it only makes them more difficult to clean. Fill them with *cold* water and soak away from the heat.

*Never* place kitchen knives and forks in water. Wash them thoroughly with the dish cloth in hot suds, then polish and rub them dry.

Sieves should not be washed with soap, but cleaned with a brush and clear water, using soda if necessary.

The *outside* of all pans, saucepans, in fact all utensils, should be cleaned with as much care as the inside. *Keep* things clean—do not get them so once a week.

Use clean, hot, soapy water, changing *as soon* as it becomes greasy; wash and rinse the dish towels after each using; use strong linen cloths for dish washing, and keep the drain pipe clean, flushing it often with hot suds and soda water.

Certain instructions concerning the various machines mentioned in the book will be found under the different headings and may prove of assistance to the housekeeper or cook who has not had opportunity to learn facts concerning their care.

In any and all of the machines the various parts are interchangeable and may be replaced at small cost, *i. e.*, if the crank of the Meat

Chopper, the thumb or feed screw, or the knife is lost or injured the machine is not useless nor does an entire new one have to be purchased. Each machine has a number, and when a certain part is lost or broken write to the Enterprise Manufacturing Company of Pennsylvania, Third and Dauphin Streets, Philadelphia, and state the number of the machine and the part desired.

## SUGGESTIONS

Cracker or bread crumbs used in covering the tops of scallops, etc., should be well greased in melted butter; this making a better covering than the dry crumbs dotted with butter and using less of the latter ingredient.

Egg used for covering croquettes may be the whole egg or the white only—never the yolk alone. Beat the egg until broken, not until light; add one tablespoonful of water for each white or two tablespoonfuls for a whole egg. Mix well and use.

Melted butter used for basting is used in the proportion of one tablespoonful of butter, melted, to one cupful of hot water. Keep hot while using.

Bread crumbs should always be used for covering articles for frying, as cracker crumbs absorb the grease.

All pieces of stale bread may be dried and put through the Meat Chopper. This makes them much finer and more even than rolling and takes not one-fourth as much time.

All croquettes, cecils and meat balls, which are covered with bread crumbs, may be made the day before and fried for breakfast. The egg makes an air as well as grease proof covering.

Chop suet in a cool place, sprinkling with flour to prevent its sticking together.

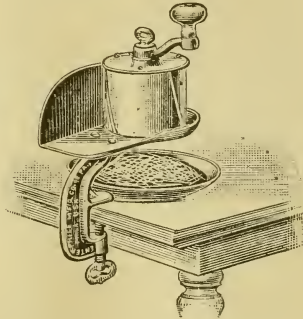
Add a few drops of rose water to almonds to prevent their oiling when chopped.

Raisins should be soaked in cold water before stoning.

# Enterprise New Slaw Cutter

No. 94  
TINNED

*Directions for thin  
or thick slicing  
accompany  
each machine*



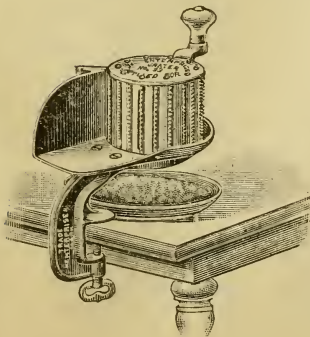
*For slicing Potatoes,  
Onions, Cabbage,  
Cucumbers, Citron,  
etc.*

Price, \$3.00

Its mode of operation is very simple. The article to be sliced being placed on the platform and fed or pushed against the Revolving Cylinder, which contains three knives.

# Enterprise Grater

No. 93  
TINNED



The illustration shown represents our new Grater, which is especially adapted for grating Horse Radish, Cocoanut, etc., and can be utilized for many purposes. Its mode of operation is very simple. The article to be grated being placed on the platform and fed or pushed against the Revolving Cylinder.

Price, \$3.00

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